comparison and effectiveness of Minochin structural family therapy and Bowen systemic family therapy on chronic anxiety and differentiation in patients with psychosomatic disorders (migraine, gastrointestinal disorders and cardiovascular disorders).

Protocol summary

Study aim
Comparison and effectiveness of Minochin structural family therapy and Bowen systemic family therapy on chronic anxiety and differentiation in patients with psychosomatic disorders (migraine, disorders gastrointestinal and cardiovascular disorders)

Design
Clinical trial with control group, with parallel groups, Randomized number table was used on 45 patient

Settings and conduct
Shariati Hospital - Library studies and Field methods - Instruments (Observation and Testing) note-taking _Interview_ Questionnaire, etc.

Participants/Inclusion and exclusion criteria
Satisfaction with attending e-learning classes , Having psychosomatic disorders , Interest in participating in virtual training classes - Absence from more than one meeting and dissatisfaction with continuing to attend meetings

Intervention groups
Intervention group 1: Before the intervention, the pre-test was tested again by conducting research questionnaires. After being placed in a 90-minute session that should be coordinated, the sessions continue on a weekly basis and then the test is performed. Intervention group 2: Before the intervention, a pre-test will be performed by conducting research questionnaires, then it will be exposed to the systemic family medicine approach, if it is to continue in two 90-minute sessions with the coordination of weekly sessions, and After that, the test will be performed. Control group: The pre-test can be performed from what has been done and then no intervention can be performed and then the test is performed.

Main outcome variables
Independent variable: Minocin Structural Family therapy and Bowen Systemic Family Therapy Dependent variable: Chronic anxiety and Differentiation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: IRCT20210319050747N1
Registration date: 2021-07-22, 1400/04/31
Registration timing: retrospective

Last update: 2021-07-22, 1400/04/31
Update count: 0

Registration date
2021-07-22, 1400/04/31

Registrant information
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Name of organization / entity
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-11-14, 1399/08/24

Expected recruitment end date
2021-07-15, 1400/04/24

Actual recruitment start date
Scientific title
comparison and effectiveness of Minochin structural family therapy and Bowen systemic family therapy on chronic anxiety and differentiation in patients with psychosomatic disorders (migraine, gastrointestinal disorders and cardiovascular disorders).

Public title
The effect of family therapy on psychosomatic disorders

Inclusion/Exclusion criteria

Inclusion criteria:
Cardiovascular Patients Migraine Digestive Disorders Age Range:20 - 55

Exclusion criteria:
People Who have a physical illness Alone

Age
From 20 years old to 55 years old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 45

Randomization (investigator's opinion)
Randomized

Randomization description
In this research, the limited randomization method is used, in which all study groups have equal sample size and is a simple block randomization that is used to create a balance in the number of samples assigned to each of the study groups in some cases. If there is a need for intermediate analyzes during the sampling process, the number of samples assigned to each of the study groups should be equal. In this trial, 45 patients were considered, of which 3 groups consisted of 15 blocks in 2 experimental groups and a control group. They are randomly placed in blocks.

Blinding (investigator's opinion)
Not blinded

Blinding description
Not used

Placebo
Not used

Assignment
Parallel

Primary outcomes

1
Description
Improvement of clinical symptoms of chronic anxiety

Timepoint
Meetings will be held weekly in two 90-minute sessions

Method of measurement
Chronic anxiety questionnaire
Description
Improvement of lack of differentiation symptoms

Timepoint
Meetings will be held weekly in two 90-minute sessions

Method of measurement
Differentiation Questionnaire

Secondary outcomes
empty

Intervention groups

1
Description
Intervention group 1: includes 15 people who will be exposed to Minochin structural family therapy approach. According to the purpose of the research, the present research is of an applied type and its findings can help solve the leading problems. The present study seeks to find the effects of Minochin structural family therapy on chronic anxiety and differentiation in patients with psychosomatic disorders (migraine, gastrointestinal disorders, and cardiovascular disorders). Then, by manipulating the independent variable, ie providing structural family therapy of Minochin to experimental group 1, its effect on dependent variables, chronic anxiety and differentiation in patients with psychosomatic disorders will be observed and examined. Before the intervention, by conducting research questionnaires (chronic anxiety and differentiation), a pre-test will be performed from experimental group 1, then they will be exposed to the structural family therapy approach of Minochin and related trainings. After the intervention, research questionnaires will be administered. Then the number of sessions (weekly in 2 sessions of 90 minutes) and the days of the sessions will be coordinated with the patients and then the post-test will be performed.

Category
Treatment - Other

Recruitment centers

1
Recruitment center
Name of recruitment center
Shariati Hospital
Full name of responsible person
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Sponsors / Funding sources

1
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Full name of responsible person
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Islamic Azad University

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

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Sharing plan
Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available