

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

Comparison of the Effectiveness of Interpersonal counselling and Interpersonal Psychotherapy on Emotional Expression, Social Skills and Depression Symptoms in Students

Protocol summary

Study aim

Comparison of the Effectiveness of Interpersonal counselling and Interpersonal Psychotherapy on Emotional Expression, Social Skills and Depression Symptoms in Students

Design

People who completed BDI II with a score higher than 14 and obtained written consent were randomly assigned to three experimental and control groups as research samples.

Settings and conduct

students referring to the clinic and counseling center of Ferdowsi University of Mashhad who referred with a complaint of depression. total of 51 people were selected based on the inclusion criteria of the available sampling method and randomly placed in one of the two experimental groups with the control group. All participants in the pre-test, post-test and one- and three-month follow-up phase answer the research questionnaires.

Participants/Inclusion and exclusion criteria

Score 14 to 28 in the Beck Depression Inventory - II
Minimum age 19 to 30 years, Not undergoing simultaneous psychiatric and psychological treatments.
Risk of suicide attempt before and during treatment.
Absence in two sessions of the treatment process.
Severe mental disorders such as psychosis or severe personality disorders.

Intervention groups

Intervention group: Interpersonal counseling (IPC), a concise and patient-centered approach to controlling depression, is derived directly from interpersonal psychotherapy. This intervention consists of seven 45-minute sessions. Its treatment protocol is available through WHO. Intervention group: IPT focuses on current interpersonal problems, patterns and social functioning. This therapeutic approach is the first line of non-

pharmacological treatment of depression and includes 12 sessions of 90 minutes. Control group: No action has been taken on the intervention groups until end of treatment, but they will be treated after completion.

Main outcome variables

Symptoms of depression, social skills, emotional expression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210505051182N1**

Registration date: **2022-07-30, 1401/05/08**

Registration timing: **retrospective**

Last update: **2022-07-30, 1401/05/08**

Update count: **0**

Registration date

2022-07-30, 1401/05/08

Registrant information

Name

Javad Nezafat Ferizi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-04, 1400/01/15

Expected recruitment end date

2021-05-05, 1400/02/15

Actual recruitment start date

2021-05-05, 1400/02/15

Actual recruitment end date

2021-06-05, 1400/03/15

Trial completion date

2021-08-21, 1400/05/30

Scientific title

Comparison of the Effectiveness of Interpersonal counselling and Interpersonal Psychotherapy on Emotional Expression, Social Skills and Depression Symptoms in Students

Public title

Evaluation of the effectiveness of interpersonal psychotherapy on depression

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

1- Achieving a score of 14 to 28 in Beck Depression Inventory Minimum age 19 to 30 years Not being undergoing psychiatric (pharmacological) and psychological treatments at the same time.

Exclusion criteria:

Having severe depressive disorder or bipolar disorder
Risk of suicide attempt before and during treatment.
Absence in two sessions of the treatment process.
Having severe mental disorders such as psychosis or severe personality disorders.

Age

From **19 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **51**

Actual sample size reached: **51**

Randomization (investigator's opinion)

Randomized

Randomization description

Random allocation of patients to intervention and control groups by lottery. For this purpose, we prepare two sheets, write "intervention" on one and "control" on the other. Then, with each patient's visit, one of the sheets is randomly removed and the patient is assigned to the intervention or control group.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Iran University of Medical Sciences

Street address

Shahid Hemmat Highway Tehran 14496-14535, IRAN

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۱۴۴۹۶۱۴۵۳۵

Approval date

2021-02-13, 1399/11/25

Ethics committee reference number

IR.IUMS.REC.1399.1231

Health conditions studied**1****Description of health condition studied**

Depression

ICD-10 code

F33.0

ICD-10 code description

Major depressive disorder, recurrent, mild

Primary outcomes**1****Description**

Symptoms of depression

Timepoint

Before interventions, after interventions, one and three months after interventions

Method of measurement

Beck Depression Inventory 2

2**Description**

Emotional Expression

Timepoint

Before interventions, after interventions, one and three months after interventions

Method of measurement

Emotional Expression Questionnaire

3**Description**

Social Skills

Timepoint

Before interventions, after interventions, one and three months after interventions

Method of measurement

Social Skills Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Interpersonal Counseling (IPC) is a concise, patient-centered approach to managing depression, which reduces the burden of primary care. This approach is a brief psychological intervention that lasts six or optionally seven 60-minute sessions. The main principle of IPC is that the symptoms of depression are related to interpersonal relationships. By affecting interpersonal relationships, depressive symptoms can be reduced in an optimistic and supportive way. The treatment manual is available through the WHO. This intervention was extracted directly from IPT to have a similar result with less cost and time.

Category

Behavior

2**Description**

Intervention group: Intervention group: Interpersonal psychotherapy is a treatment with a definite duration that is based on the treatment manual. IPT is performed according to the Interpersonal Psychotherapy Handbook for 12 90-minute weekly sessions. IPT treatment is based on the theory that depressive symptoms have multiple genetic and environmental causes. This treatment is the first line of non-pharmacological interventions for depression.

Category

Behavior

3**Description**

Control group: They will not receive any kind of intervention until one and three months after the end of the interventions on the two intervention groups 1 and 2. After the follow-up stage, one of the interventions 1 or 2, which is more effective, will be performed on the control group.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Mashhad Municipality Psychological Clinic

Full name of responsible person

Javad Nezafat Ferizi

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Shahid Dastgheyb 17, Mashhad

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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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

Iran University of Medical Sciences

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**Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Javad Nezafat Ferizi

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Person responsible for updating data**Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data is potentially shareable after de-identifying individuals

When the data will become available and for how long

The access period starts 12 months after the results are published

To whom data/document is available

It will be available only to researchers working in academic and scientific institutions

Under which criteria data/document could be used

Those who want to do research in a similar field.

From where data/document is obtainable

via this email: o2_2227@yahoo.com Respondent: Ahmed

What processes are involved for a request to access data/document

The applicant must send his plan so that if it matches the current research, the data file will be sent to him/her

Comments