

# 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)

##### Phone

+98 51 3841 5483

##### 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

**City**

Tehran

**Province**

Tehran

**Postal code**

۱۴۳۹۶۱۴۵۳۵

**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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javad.nezafat@yahoo.com

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

Iran University of Medical Sciences

**Full name of responsible person**

Ahmad Ashouri

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ashouriahmad@yahoo.com

**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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**Email**

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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**