

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Designing and Evaluating the Effectiveness of Online Text-based Intervention Model in Reducing Emotional Distress Among Texters with Psychosocial Crises

Protocol summary

Study aim

Designing an Online Crisis Text-based Intervention Model in Reducing Emotional Distress Among Texters with Psychosocial Crises Evaluating the Effectiveness of Online Crisis Text-based Intervention Model in Reducing Emotional Distress Among Texters with Psychosocial Crises

Design

This project will last for one year and all people who have inclusion criteria and do not have exclusion will be included in the study and sampling will be done by census. One of the acceptance criteria of this project will be the amount of message and sample size. Despite the proposed timeframe for the project, if the sample is not collected sufficiently in that time, it will continue until the sample size reaches at least 1,000 written text conversations.

Settings and conduct

This service is provided online only.

Participants/Inclusion and exclusion criteria

Inclusion criteria are: all people who send a message to this system and express their satisfaction in a crisis situation. Exclusion criteria are: People who have sent messages in order to get information and who are not currently in crisis. People who speak a language other than Persian and can not understand Persian. Written conversations that end early, before the evaluation and intervention was completed. Texters who are not able to complete the required assessments due to their mental condition.

Intervention groups

all people who, in a crisis situation, send a message to this system and express their satisfaction.

Main outcome variables

We help people in order to manage the existing crisis and be in a safe place and if necessary The client is referred to mental health centers to receive more

services.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220305054190N1**

Registration date: **2022-11-24, 1401/09/03**

Registration timing: **registered_while_recruiting**

Last update: **2022-11-24, 1401/09/03**

Update count: **0**

Registration date

2022-11-24, 1401/09/03

Registrant information

Name

AmirALI Alimohammadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4412 3585

Email address

amiralimohamadi@hotmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-21, 1401/06/30

Expected recruitment end date

2023-05-12, 1402/02/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and Evaluating the Effectiveness of Online Text-based Intervention Model in Reducing Emotional Distress Among Texters with Psychosocial Crises

Public title

Online Text-based Intervention

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Includes all people who send messages to this system in a state of crisis and afterward express their satisfaction.

Exclusion criteria:**Age**

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **870**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Research Ethics Committees of Iran University of Medical Sciences

Street address

Fifth Floor Central building., Iran University of Medical Sciences., Hemmat Highway Next to Milad Tower, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1445613111

Approval date

2022-09-06, 1401/06/15

Ethics committee reference number

IR.IUMS.REC.1401.481

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

Emotional Distress Among Texters with Psychosocial Crises

ICD-10 code

none

ICD-10 code description

none

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

The Emotion Thermometers

Timepoint

before and after intervention

Method of measurement

The Emotion Thermometers

Secondary outcomes

empty

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

En Intervention group: In the intervention group the process is as follows: when people in crisis send messages to the system and enter into a conversation with the crisis counselor, the counselor uses the emotional distress measurement scale at the beginning (this is a standard scale and has been used in international studies in recent years) to measure the effectiveness of emotional distress and this express in numerical value. In the continuation and after providing services based on a text-based intervention, the crisis counselor immediately measures the level of emotional distress of the person based on the above mentioned scale. In this way, by calculating the average level of emotional distress of people in crisis at the beginning of the conversation i.e. pre-test and the end of the conversation i.e. post-test, it is possible to check how effective a brief written intervention is in reducing the level of emotional distress of people in crisis and whether these two average scores are the same, we found There is a significant difference.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

General Population

Full name of responsible person

AmirAli Alimohammadi

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First Floor, No. 1, Next to Mansouri St., Niyayesh Ave.,
Sattarqan Ave., Teheran., Iran.

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr Hossein keyvani

Street address

Iran University of Medical Sciences, 5th floor of
central building, Hemet Highway, next to Milad
Tower, Tehran, Iran.

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1449614535

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keyvani.h@iums.ac.ir

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

10

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Persons

Person responsible for general inquiries

Contact**Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Amirali Alimohamadi

Position

Researcher

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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Position

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Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

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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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not 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

Not applicable

Title and more details about the data/document

There is currently no plan to disseminate unknown data except in general information all people, such as the percentage of men and women participating in the article; This data is published only for scientific purposes.

When the data will become available and for how long

After publishing the article

To whom data/document is available

Article readers

Under which criteria data/document could be used

There is currently no plan to disseminate unknown data except in general information all people, such as the percentage of men and women participating in the article; This data is published only for scientific purposes.

From where data/document is obtainable

Article published at the end of the project

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

It can search the article title after the project is completed.

Comments