

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Investigating the Effectiveness of Solution-Focused Brief Group Therapy (SFBT) on reducing Anxiety and Depression in Patients admitted to the Neuropsychiatric Department Compared to the Control Group.

Protocol summary

Study aim

The use of Short-term and cost-effective Treatment with a quick Effect in reducing the Mood and Anxiety Symptoms of Patients during Hospitalization.

Design

This Research is a Semi-experimental Design, with a Pre-test and Post-test with a Control Group. The Sample size includes 30 Patients and each Group includes 15 People. In order to place Patients in the Intervention and Control Groups, a Simple Randomization Method using lottery is used.

Settings and conduct

The Study is conducted in the Psychiatry Department of Kausar Semnan Hospital.

Participants/Inclusion and exclusion criteria

Entry Requirements: Patients aged 18 to 60, Patients with Anxiety and Depression disorders. Non-entry conditions: Psychotic and Mania Patients, Patients with Personality Disorders, Substance abuse Patients, mentally retarded Patients

Intervention groups

In this Study, Kim Berg's Solution-oriented Short-term Group Therapy Protocol (SFBT) is used in Six Sessions and for Three Weeks. Instead of solving the Problem, this Therapy focuses on the Solution and the Person's Strengths. The intervention group includes Patients with Anxiety and Depression Disorders admitted to the Psychiatric Department of the Hospital. The Control group includes Patients with Anxiety and Depression who do not receive Psychological Intervention. Both Groups are under Medical Treatment during Hospitalization.

Main outcome variables

Anxiety and Depression.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220706055395N1**

Registration date: **2022-07-19, 1401/04/28**

Registration timing: **prospective**

Last update: **2022-07-19, 1401/04/28**

Update count: **0**

Registration date

2022-07-19, 1401/04/28

Registrant information

Name

masoumeh abdollahi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3142 2391

Email address

abdollahi.mahsa631@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-11, 1401/05/20

Expected recruitment end date

2022-09-06, 1401/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Effectiveness of Solution-Focused Brief

Group Therapy (SFBT) on reducing Anxiety and Depression in Patients admitted to the Neuropsychiatric Department Compared to the Control Group.

Public title

Evaluation of the Effectiveness of Solution-Focused Brief group Therapy on reducing Anxiety and Depression.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with Anxiety and Depression Disorders admitted to the Psychiatric Ward Patients 18 to 60 years old

Exclusion criteria:

Psychotic or Mania Patients Patients with Personality Disorders Substance Abuse Patients Mentally Retarded Patients

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization, Using the Lottery Method. In this Method, a Number or Code is prepared for each Patient admitted to the Psychiatric Ward. Then the Numbers are written on a piece of Paper. The pieces of Paper are placed in a Container and mixed well. Then a sample of 30 People is selected. The first 15 Numbers include control Group Patients and the next 15 numbers are intervention Group Patients.

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 Semnan Islamic Azad University

Street address

Kosar Hospital., Amin Blvd

City

Semnan

Province

Semnan

Postal code

3519899951

Approval date

2022-05-24, 1401/03/03

Ethics committee reference number

IR.IAU.SEMNAN.REC.1401.011

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Major depressive disorder, single episode

2

Description of health condition studied

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known Physiological condition

Primary outcomes

1

Description

The Percentage of People who Score higher than 21 in the Depression Subscale of the DASS-21 Questionnaire.

Timepoint

Depression in the intervention Group is measured at the beginning of Hospitalization (before the intervention) and after the intervention (after three weeks). In the Control group, it is measured from the beginning of Hospitalization and after three Weeks.

Method of measurement

Depression is measured by the Depression Subscale of the Depression- Anxiety- Stress Scale(DASS-21) Questionnaire.

2

Description

The Percentage of People who Score higher than 15 in the Anxiety-Stress Subscale of the DASS-21 Questionnaire.

Timepoint

Anxiety in the intervention Group is measured at the beginning of Hospitalization (before the intervention) and after the intervention (after three weeks). In the Control group, it is measured from the beginning of Hospitalization and after three Weeks.

Method of measurement

Anxiety is measured by the Anxiety Subscale of the DASS-21 qQuestionnaire.

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description

In the Experimental Group, the Intervention with Short-term Solution-oriented Treatment is carried out for six 45-minute Sessions (two Sessions per Week) in the Psychiatric Department of Kausar Hospital in a Group setting. In this Group, before and after the Implementation of the Intervention, In order to measure the level of Anxiety and Depression, the DASS-21 Anxiety-Depression Scale will be used. In order to perform the Intervention, Kim-Berg's Solution-oriented Short-term Group Therapy Protocol (SFBT) is used. The Principles of Solution-oriented Group Therapy include focusing on change and possibilities, setting Goals, focusing on People's Capabilities and Skills, creating Participation and Cooperation, using Humor and Creativity. The Intervention Group includes Patients with Anxiety and Depression Disorders admitted to the Psychiatric Department of the Hospital.

Category

Treatment - Other

2

Description

Control Group: Control group: no intervention is done in the Control Group. The level of Anxiety and Depression is evaluated on the first day of Hospitalization and after three Weeks. This Group is only under Medical Treatment during Hospitalization.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kausar Semnan Hospital

Full name of responsible person

Masoumeh Abdollahi

Street address

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+98 23 3142 2391

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Behnaz Behnaz

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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

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Masoumeh Abdollahi

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

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Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information.

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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Information about the Main outcome can be shared.

When the data will become available and for how long

The access Period starts 6 months after the Results are Published

To whom data/document is available

People working in Medical and Academic institutions

Under which criteria data/document could be used

It is allowed for Therapeutic and Research use

From where data/document is obtainable

People can refer to Masoume Abdollahi, who works at Kausar Semnan Hospital, to receive the data.

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

After submitting an application to the President of the University of Medical Sciences and obtaining permission

Comments