

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Evaluation of the effect of psychological intervention through telephone follow-up on the rate of avoidance of amphetamines and opioids in men with substance use disorders discharged from hospital

Protocol summary

Study aim

Determining the effect of psychological intervention through telephone follow-up on the rate of abstinence from amphetamines and opioids in men with substance use disorder discharged from the hospital

Design

Clinical trial with control group, with parallel groups, Not randomized

Settings and conduct

106 patients discharged from Ibn Sina Psychiatric Hospital in Mashhad, who will be included in the study based on the Inclusion Criteria after obtaining informed consent. The ASI questionnaire will be completed before and one month after the intervention for both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Willingness of the Patient to participate in the Study, Age between 18-64 years old and Access to mobile or landline phones. Exclusion criteria: Persistent psychosis at discharge, Chronic physical illness accompanied by pain, Patient refusal to cooperate.

Intervention groups

In intervention group, after the discharge of the patient, psychological training based on cognitive behavioral interventions (inspired by the matrix) will be available to patients in the form of text messages, which include psychological education to patients about the necessity of taking drugs, management of emotion regulation and control of temptation and motivation to quit and recovery, and also contain questions such as whether before How did they feel after consuming? What kind of environment were they in and what stressors did they have? . In control group, participants will not go anywhere for treatment after discharge and also will not followed up.

Main outcome variables

Addiction Severity score in the Addiction Severity Index questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221001056065N2**

Registration date: **2023-01-15, 1401/10/25**

Registration timing: **retrospective**

Last update: **2023-01-15, 1401/10/25**

Update count: **0**

Registration date

2023-01-15, 1401/10/25

Registrant information

Name

Maedeh Kamrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3700 2202

Email address

kamranim@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-11, 1401/06/20

Expected recruitment end date

2022-10-12, 1401/07/20

Actual recruitment start date

2022-09-21, 1401/06/30

Actual recruitment end date

2022-11-21, 1401/08/30

Trial completion date

empty

Scientific title

Evaluation of the effect of psychological intervention through telephone follow-up on the rate of avoidance of amphetamines and opioids in men with substance use disorders discharged from hospital

Public title

Investigating the effect of psychological intervention on the rate of abstinence from amphetamines and opioids in men

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Willingness of the Patient to participate in the research
Age of the Patient between 18-64 years old
Access to mobile or landline phones

Exclusion criteria:

Persistent psychosis at discharge
Chronic physical illness accompanied by pain
Patient refusal to cooperate

Age

From **18 years** old to **64 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **58**

Actual sample size reached: **58**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Mashhad Azad University of
Medical Sciences

Street address

No. 14, Bazarche Sarab, Imam Khomeini St

City

Mashhad

Province

Razavi Khorasan

Postal code

91959 83134

Approval date

2022-02-23, 1400/12/04

Ethics committee reference number

IR.IAU.MSHD.REC.1401.001

Health conditions studied

1

Description of health condition studied

Users of amphetamines and opioids

ICD-10 code

F48.9

ICD-10 code description

Nonpsychotic mental disorder, unspecified

Primary outcomes

1

Description

Addiction Severity score in the Addiction Severity Index questionnaire

Timepoint

Before the intervention and at the end of the first month

Method of measurement

Addiction Severity Index Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this Group, after the discharge of the patient, it is explained to the patients who are not able to go in person for psychotherapy or support measures by obtaining a written consent form and phone number from them that every day after the discharge, psychological training based on cognitive behavioral interventions (inspired by the matrix) will be available to patients in the form of text messages, which include psychological education to patients about the necessity of taking drugs, management of emotion regulation and control of temptation and motivation to quit and recovery, and also contain questions such as whether before How did they feel after consuming? What kind of environment were they in and what stressors did they have?

Category

N/A

2

Description

Control group: In this group, Patients will not go anywhere for treatment after discharge and also will not followed up.

Category

N/A

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

Ebne shina Hospital

Full name of responsible person

Maedeh Kamrani

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Bo Ali Square, Horr Ameli Blvd

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

Mashhad University of Medical Sciences

Full name of responsible person

Touraj Zandbaf

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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

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

maedeh kamrani

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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

Mashhad University of Medical Sciences

Full name of responsible person

Maedeh kamrani

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Elaheh Edalatifar

Position

Medical Intern

Latest degree

A Level or less

Other areas of specialty/work

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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