

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effects of panic-focused psychodynamic psychotherapy on emotional awareness and interpersonal problems in predicting improvements of panic symptoms and related disability

Protocol summary

Study aim

Determining the effectiveness of Panic-Focused Psychodynamic Psychotherapy (PFPP) on the severity of symptoms, disability, emotional awareness and interpersonal problems in patients with Panic disorder.

Design

A clinical trial with a single-case design, multiple baselines (different subjects), no control group, no randomization, no blinding on five patients selected with a purposeful sampling.

Settings and conduct

Panic Focused Psychodynamic Psychotherapy (PFPP) is performed individually and in 24 treatment sessions for patients with panic disorder at Dr. Beheshti Psychiatric Hospital in Zanjan city. The assessment will be done by at least two people.

Participants/Inclusion and exclusion criteria

In: Patients aged 18 to 40 who have been diagnosed with Panic disorder with or without Agoraphobia, Having at least one Panic attack per week in the last month (or at least one attack per month), Proficiency in Persian language, If they receive medicine, the dose of the medicine should be constant, Willingness to treat with an analytical approach, Not receiving other psychotherapy in the last month and during the treatment, Ability to fully attend 24 treatment sessions, Patients' satisfaction and interest in participating in the study!

Out: Dissatisfaction of patients towards starting or continuing treatment, More than two absence from treatment sessions, Depression, Bipolar, Psychotic, Personality and Substance abuse disorders were present together, Suicidal tendencies, Physical illness

Intervention groups

5 patients with panic disorder

Main outcome variables

Severity of Panic disorder symptoms; Disability due to Panic disorder

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230122057177N1**

Registration date: **2023-02-20, 1401/12/01**

Registration timing: **prospective**

Last update: **2023-02-20, 1401/12/01**

Update count: **0**

Registration date

2023-02-20, 1401/12/01

Registrant information

Name

Amir hossein Rasouli

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 11 3474 8204

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-22, 1402/04/01

Expected recruitment end date

2023-07-22, 1402/04/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of panic-focused psychodynamic psychotherapy on emotional awareness and interpersonal problems in predicting improvements of panic symptoms and related disability

Public title

The effects of panic-focused psychodynamic psychotherapy on Panic disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients aged 18 to 40 who have been diagnosed with Panic disorder with or without Agoraphobia Having at least one Panic attack per week in the last month (or at least one attack per month) Proficiency in Persian language If they receive medicine, the dose of the medicine should be constant Willingness to treat with an analytical approach Not receiving other psychotherapy in the last month and during the treatment Ability to fully attend 24 treatment sessions Patients' satisfaction and interest in participating in the study

Exclusion criteria:

Dissatisfaction of patients towards starting or continuing treatment More than two absence from treatment sessions Depression, Bipolar, Psychotic, Personality and Substance abuse disorders were present together Suicidal tendencies Physical illness

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **5**

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

Ethics committee of Zanjan University of Medical

Sciences

Street address

Dr.Beheshti Psychiatrc Hospital, Ark Square, Zanjan, Iran

City

Zanjan

Province

Zanjan

Postal code

4513615788

Approval date

2023-01-03, 1401/10/13

Ethics committee reference number

IR.ZUMS.REC.1401.308

Health conditions studied

1

Description of health condition studied

Panic disorder

ICD-10 code

F41.0

ICD-10 code description

Panic disorder [episodic paroxysmal anxiety] without agoraphobia

Primary outcomes

1

Description

Panic Disorder Severity

Timepoint

Once a week

Method of measurement

Panic Disorder Severity Scale (PDSS)

2

Description

Disability caused by Panic disorder

Timepoint

Once a week

Method of measurement

Sheehan Disability Scale (SDS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: including five patients with Panic disorder who receive Panic-Focused Psychodynamic Psychotherapy (PFPP) twice a week for 24 sessions and during this time they are evaluated once a week.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr.Beheshti Psychiatric Hospital

Full name of responsible person

Mazaher Rezaei

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Dr.Beheshti Psychiatric Hospital, Ark Square, Zanzan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanzan University of Medical Sciences

Full name of responsible person

Dr.Samad Nadri

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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

Zanzan 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

Zanzan University of Medical Sciences

Full name of responsible person

Dr.Mazaher Rezaei

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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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