

# 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)

##### Phone

+98 11 3474 8204

##### Email address

amirhs.rasouli@zums.ac.ir

##### 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

**Street address**

Dr.Beheshti Psychiatric Hospital, Ark Square, Zanzan,  
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libbeheshti@zums.ac.ir

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Zanzan University of Medical Sciences

**Full name of responsible person**

Dr.Samad Nadri

**Street address**

Dr.Beheshti Psychiatric Hospital, Ark Square, Zanzan,  
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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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Department of Clinical Psychology, Dr.Beheshti  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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### Contact

**Name of organization / entity**

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**Full name of responsible person**

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**Postal code**

4513615788

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+98 24 3354 4001

**Email**

## 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