

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Investigating the effect of the Logotherapy based program on motivations for suicide attempts and distress tolerance in suicidal patients

#### Protocol summary

##### Study aim

Determining the effect of the program based on Logotherapy on the motives of committing suicide and tolerance of distress in patients attempting suicide

##### Design

This study is a clinical trial with a control group and it is performed on 70 samples. Randomization in this study is done using a table of random numbers

##### Settings and conduct

The research environment, is Khorshid and Farabi hospitals in Isfahan. The sample of our study will be composed of suicidal patients hospitalized in these centers. The sessions of the logotherapy program will be conducted in six 45-minute sessions and in the form of groups of eight to ten patients for the intervention group and three times a week, by the student and with the supervision and accompaniment of the supervisor in the department's classroom.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Hospitalized with a diagnosis of suicide by a psychiatrist, at least 18 years old, the patient has not been admitted to the ward with a diagnosis of schizophrenia, schizoaffective, schizophrenic form, delusions and substance use disorder. Non-entry criteria: the patient has psychiatric disorders such as schizophrenia, schizoaffective, schizophreniform, substance use disorder. The patient's suffering from mental retardation or diagnosed cognitive problems such as dementia according to the documentation of the patient's file, which distorts the patient's learning.

##### Intervention groups

Intervention group: The sessions of the logotherapy program will be conducted in 6 sessions of 45 minutes for the intervention group and three times a week in the classroom of the department. Control group: They will not receive any training program and at the end, the content of the sessions will be provided to the members of the

control group

##### Main outcome variables

Motivations for suicide attempts; Distress tolerance

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180416039321N4**

Registration date: **2023-05-23, 1402/03/02**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-05-23, 1402/03/02**

Update count: **0**

##### Registration date

2023-05-23, 1402/03/02

##### Registrant information

##### Name

sima ghezelbash

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 7607

##### Email address

ghezelbash@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-05-22, 1402/03/01

##### Expected recruitment end date

2023-08-21, 1402/05/30

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Investigating the effect of the Logotherapy based program on motivations for suicide attempts and distress tolerance in suicidal patients

**Public title**

Investigating the effect of the Logotherapy based program on motivations for suicide attempts and distress tolerance

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

The patient should be interested and consent to participate in the study Being diagnosed with suicide by a psychiatrist and admitted to one of the departments of Khorshid or Farabi hospitals The patient must be at least 18 years old Have the ability to read, write and speak Persian

**Exclusion criteria:**

The patient has previously received interventions similar to this study The patient has psychiatric disorders such as schizophrenia, schizoaffective, schizophreniform, delirium and substance use disorder

**Age**

From **18 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **70**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

70 patients who meet the conditions for entering the study will be selected, then they will be randomly assigned into two groups of 35 people, intervention and control. Random allocation of samples in two intervention and control groups is done using a table of random numbers. A table of random numbers is a collection of numbers that are generated completely randomly without a specific pattern or order and are made into a table. To use the table of random numbers, the researcher first determines the direction of reading the numbers in the table (for example, up, down, left or right). Also, numbers are considered for the studied groups (for example, even numbers are considered for the intervention group and odd numbers are considered for the control group). For this purpose, the researcher selects one of the digits of the random number table with his eyes closed, Then, by moving in one of the predetermined directions in the table of random numbers, chooses 35 even numbers and 35 odd numbers and writes them down on paper. All selected numbers

are placed in a box. Each participant in the study takes a piece of paper from the box and depending on whether the number written on it is even or odd, they are placed in one of the two test or control groups.

**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 Isfahan University of Medical Sciences

**Street address**

Iran, Isfahan, Hazar Jarib St., Isfahan University of Medical Sciences, Research Assistant

**City**

Esfahan

**Province**

Isfahan

**Postal code**

۸۱۷۴۶۷۳۴۶۵

**Approval date**

2023-03-11, 1401/12/20

**Ethics committee reference number**

IR.MUI.NUREMA.REC.1401.174

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

Suicidal patients

**ICD-10 code**

T14.91

**ICD-10 code description**

Suicide attempt

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

Motivations for suicide attempts in suicidal patients

**Timepoint**

At the beginning of the study (before the start of the intervention), immediately after the intervention and one month after the intervention

**Method of measurement**

May and Klonsky Inventory of Motivations for Suicide

Attempts

## 2

### **Description**

Distress tolerance in suicidal patients

### **Timepoint**

At the beginning of the study (before the start of the intervention), immediately after the intervention and one month after the intervention

### **Method of measurement**

Simons and Gaher Distress Tolerance Questionnaire

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: Sessions of the meaning therapy program during 6 sessions of 45 minutes and 3 times in each week and in the form of groups of eight to ten patients by researcher for the intervention group in the classroom will be conducted. The educational content of the sessions will be prepared based on the existing texts and Viktor Frankl's semantic therapy theory and Hotzel plan. The titles of the sessions include familiarity with logo therapy and the need for meaning in life, belief and acceptance of oneself and recognition of one's own characteristics, attention to spiritual freedom as one of the dimensions of human existence, awareness of responsibility, recognition of stress and its factors and ways Reducing and dealing with it, recognizing existential anxiety, the importance of communicating with others and maintaining it, examining the meaning of suffering, overcoming despair and hopelessness, and recognizing values.

#### **Category**

Other

### 2

#### **Description**

Control group: It should be noted that no special intervention will be implemented for the control group. At the end of the program, in order to comply with ethics in research we will provide them with the content of the training sessions.

#### **Category**

Other

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Farabi hospital

##### **Full name of responsible person**

Mahgol Nasr Esfahani

#### **Street address**

Farabi Specialized and Subspecialized Hospital, Arghwaniye Blvd., Mushtaq 3rd St., Esfahan

#### **City**

Esfahan

#### **Province**

Isfahan

#### **Postal code**

81551-13153

#### **Phone**

+98 31 3795 2000

#### **Fax**

+98 31 3531 1460

#### **Email**

farabi@mui.ac.ir

### 2

#### **Recruitment center**

##### **Name of recruitment center**

Noor and Ali Asghar Hospital

##### **Full name of responsible person**

Mahgol Nasr Esfahani

##### **Street address**

Noor and Ali Asghar Hospital, Governorate Street, Esfahan

##### **City**

Esfahan

##### **Province**

Isfahan

##### **Postal code**

81458-33117

##### **Phone**

+98 31 3222 2127

##### **Email**

Nour@mui.ac.ir

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Esfahan University of Medical Sciences

##### **Full name of responsible person**

Dr. Gholamreza Asgari

##### **Street address**

Nursing and Midwifery Faculty., Isfahan University of Medical Sciences., Hezerjerib Ave

##### **City**

Esfahan

##### **Province**

Isfahan

##### **Postal code**

81746-73461

##### **Phone**

+98 31 3668 7898

##### **Email**

research@mui.ac.ir

#### **Grant name**

#### **Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Esfahan 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**

Esfahan University of Medical Sciences

**Full name of responsible person**

Mahgol Nasr Esfahani

**Position**

Master's student in psychiatry

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

School of Nursing and Midwifery, Esfahan University of Medical Sciences, Hezarjerib Ave., Isfahan, Iran

**City**

Esfahan

**Province**

Isfahan

**Postal code**

8174673461

**Phone**

+98 31 3792 7565

**Email**

mahgolnasrr@gmail.com

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

Esfahan University of Medical Sciences

**Full name of responsible person**

Mahgol Nasr Esfahani

**Position**

Master's student in psychiatry

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

Isfahan University Of Medical Sciences, Hezar-Jerib Ave., Isfahan, IR Iran.

**City**

Isfahan

**Province**

Isfahan

**Postal code**

8174673461

**Phone**

+98 31 3792 7565

**Fax****Email**

mahgolnasrr@gmail.com

**Person responsible for updating data****Contact****Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

Sima Ghezelbash

**Position**

Faculty member- instructor

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

Isfahan University Of Medical Sciences, Hezar-Jerib Ave., Isfahan, IR Iran.

**City**

Isfahan

**Province**

Isfahan

**Postal code**

۸۱۷۴۶۷۳۴۶۱

**Phone**

+98 31 3792 7565

**Fax****Email**

ghezelbash@nm.mui.ac.ir

**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**

Not applicable

**Data Dictionary**

Not applicable