

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of short-term solution-oriented treatment on depression, anxiety, and obsessive-compulsive disorder of entrance exam students compared to the control group

Protocol summary

Study aim

Investigating the effectiveness of short-term solution-oriented treatment on reducing the symptoms of depression, anxiety, and obsessive-compulsive disorder in college students

Design

Clinical trial with control group, 6 parallel groups of 20 people Type of study: semi-experimental, sample size of 120 people, not blinded. Rand Excel was used in randomization.

Settings and conduct

The research community of Konkur students is Semnan city and the place of Konkur schools.

Participants/Inclusion and exclusion criteria

Entry criteria: age requirement of 18 years; Obtaining a higher than average score in the Beck depression questionnaire, Beck anxiety, and Maudsley's obsessive-compulsive disorder; Non-inclusion criteria: receiving drug therapy or other psychotherapy at the same time; Having mental disorders

Intervention groups

The intervention groups receive short-term solution-oriented treatment for 60 minutes per week for a period of 8 weeks (2 months), and the control groups do not receive any treatment or intervention for 2 months. After selection Subjects now it's time to randomly divide people into two control and intervention groups. The criteria for the existence of depression, anxiety and obsession are the mentioned forms. Intervention group 1: depressed students; intervention group 2: anxious students; intervention group 3: obsessive students; Control group 1: depressed students; Control group 2: anxious students; Control group 3: obsessive students. After the intervention, the same tests are again taken from each of the 2 groups, and the pre-test and post-test scores of the 2 groups are compared. A summary of the goals and method of treatment was mentioned in the

intervention

Main outcome variables

dependent: depression score in Beck Depression Scale; anxiety score on the Beck anxiety scale; Obsessiveness score on the Maudsley Obsessive Scale.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230726058935N1**

Registration date: **2023-08-27, 1402/06/05**

Registration timing: **retrospective**

Last update: **2023-08-27, 1402/06/05**

Update count: **0**

Registration date

2023-08-27, 1402/06/05

Registrant information

Name

Shiva Fuoladi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 6463

Email address

dr.shivafuoladi.psy@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-06, 1402/04/15

Expected recruitment end date

2023-08-06, 1402/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of short-term solution-oriented treatment on depression, anxiety, and obsessive-compulsive disorder of entrance exam students compared to the control group

Public title

The effect of short-term solution-oriented treatment on depression, anxiety and Obsessive Compulsive Disorder

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Having the age requirement of 18 years (12th educational year students) Getting high marks in the questionnaire Not receiving drug therapy or other psychotherapy Conducting a clinical interview

Exclusion criteria:

Receiving drug therapy or other psychotherapy at the same time Having mental disorders Not getting the required grades in the questionnaires

Age

From **17 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

To select the research sample, the purposeful sampling method was used, so that among the 12th grade female students who were willing to participate in the research and through the interview with the researcher, anxiety, depression and mental obsession were observed in them. 15 people were selected as the experimental group and 15 people were selected as the control group. These people were matched into groups based on their parents' education and socio-economic status.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Semnan branch; Islamic Azad University

Street address

1st floor, Block 825, Fourth Fatah Alley, Etihad town, Varzesh Blvd, Nehzat street

City

Semnan

Province

Semnan

Postal code

3514973146

Approval date

2023-07-26, 1402/05/04

Ethics committee reference number

IR.IAU.SEMNAN.REC.1402.025

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

F41.1

ICD-10 code description

Generalized anxiety disorder

3**Description of health condition studied**

Obsessive Compulsive Disorder

ICD-10 code

R46.81

ICD-10 code description

Obsessive-compulsive behavior

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

High score in Beck Depression

Timepoint

before the beginning of therapeutic interventions in the first session, after the completion of the therapeutic intervention in the eighth session

Method of measurement

Beck depression questionnaire

2

Description

High score in Beck Anxiety

Timepoint

before the beginning of therapeutic interventions in the first session, after the completion of the therapeutic intervention in the eighth session

Method of measurement

Beck anxiety questionnaire

3

Description

High score in Madzely Obsession Questionnaire

Timepoint

before the beginning of therapeutic interventions in the first session, after the completion of the therapeutic intervention in the eighth session

Method of measurement

Madzely obsessive compulsive questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: the method of doing the work is that the experimental group receives short-term solution-oriented treatment every week for 60 minutes and for a duration of 8 weeks; The research community will be Semnan city entrance examination students. After selecting the subjects, it is time to randomly divide people into two control and intervention groups. After taking the pre-test, it is time to conduct the intervention. This intervention is carried out for 2 months on the experimental group, and after that, all 3 tests are taken again from both the experimental and control groups, the pre-test and post-test scores together. are compared The number of people in this group will be 15 people. A summary of the goals and treatment method, the first session: the communication of the group members with each other and with the leader, stating the basic framework; The second session: identifying the goals of the members, asking scaling questions and miracle questions; The third session: creating hope, participation, finding past and present exceptions; Session 4: Finding exceptions, crystal ball practice; The fifth session: discovering solutions, adaptive questioning; Sixth session: continuing to identify solutions, predictive task; Seventh session: reviewing and strengthening exceptions with the technique of repeating the same work; Session 8: Highlighting the changes that have happened, appreciating the efforts, closing.

Category

Treatment - Other

2

Description

The first control group: after selecting the subjects and conducting the necessary investigations to enter the research, it is now time to randomly divide people into two control and intervention groups. The control group will not receive any intervention, but after the intervention, the experimental group will be invited to answer all 3 questionnaires again. The pre-test and post-test scores of the two groups are compared. The number of people in this group will be 15 people.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghalamchi

Full name of responsible person

shiva fuoladi

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Semnan, Farhangian settlement, Alam and Sanat Blvd

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3514973146

Phone

+98 23 3344 0847

Email

dr.shivafuoladi.psy@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Mohammad Karim Sohrabi

Street address

In front of Semnan Customs; 5th km of Damghan Road

City

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Semnan

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37111-35131

Phone

+98 23 3165 6565

Email

info@semnaniau.ac.ir

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

Shiva Fuoladi

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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

Semnan University of Medical Sciences

Full name of responsible person

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

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Full name of responsible person

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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

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

No - There is not 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