Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
Street address
Semnan, Farhangian settlement, Alam and Sanat Blvd
City
Semnan
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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
Mohammd Karim Sohrabi
Street address
In front of Semnan Customs; 5th km of Damghan Road
City
Semnan
Province
Semnan
Postal code
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
Street address
Second floor; Block 825; 4th Fatah Alley; Ettehad town; Varzesh boulevard, Nehzat street, Semnan
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Person responsible for scientific inquiries

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Full name of responsible person
Shiva Fuoladi
Position
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Other areas of specialty/work
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Person responsible for updating data

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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