

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### The Effect of Spiritual and Religious group psychotherapy on suicidal ideation in depressed patients

#### Protocol summary

##### Summary

(1) Objectives: The aim of this study is to examine the effect of spiritual and religious group psychotherapy on suicidal ideation in depressed patients. (2) Design: This research is an experimental study with “pre-test and post-test with control group” design. (3) Setting and conduct: The sample size of this study estimated 54 persons that randomly 27 persons in control group and 27 persons in experimental group allocated. Instruments for data gathering are Demographic Questionnaire, Beck Suicide Scale Ideation and Beck Depression Inventory. (4) Participants including major eligibility criteria: Patients with diagnosis of depression and suicidal thoughts; with age range 18 to 60 years old; have the ability to listen and sit in group therapy sessions; have the ability to respond to written questions; and are not in the acute phase of depression according to the diagnosis of psychiatrist. Exclusion Criteria including the Patients who discharge before the completion of group therapy sessions; have the Alcohol and Drug Dependency; and have Mental retardation. (5) Intervention: Firstly the pre-test will be done in both groups. The experimental group will attend 6 sessions of 90 minutes in group therapy. The control group will not receive any intervention in this duration. Finally the post-test will be done in both groups and the results of two groups will be compared with together. (6) The main outcome variable: Decreasing of suicidal ideation of depressed patients.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201206206834N4**  
Registration date: **2012-11-14, 1391/08/24**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2012-11-14, 1391/08/24

##### Registrant information

###### Name

Hossein Ebrahimi

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 1475 1709

###### Email address

ebrahimih@tbzmed.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

##### Expected recruitment start date

2012-11-05, 1391/08/15

##### Expected recruitment end date

2013-02-03, 1391/11/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Spiritual and Religious group psychotherapy on suicidal ideation in depressed patients

##### Public title

The Effect of Spiritual and Religious group psychotherapy on suicidal ideation in depressed patients

##### Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion Criteria including the Patients with diagnosis of depression and suicidal thoughts; with age range 18 to 60 years old; have the ability to listen and sit in group therapy sessions; have the ability to respond to written questions; are not in the acute phase of depression according to the diagnosis of psychiatrist. Exclusion Criteria including the Patients who discharge before the completion of group therapy sessions; have the Alcohol and Drug Dependency; and have Mental retardation.

## Age

From **18 years** old to **60 years** old

## Gender

Both

## Phase

2

## Groups that have been masked

*No information*

## Sample size

Target sample size: **54**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single 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 Tabriz University of Medical Sciences, Vice chancellor for research

##### Street address

Third floor, Central Building- No 2, Golgasht Street

##### City

Tabriz

##### Postal code

#### Approval date

2012-10-15, 1391/07/24

#### Ethics committee reference number

91121

## Health conditions studied

### 1

#### Description of health condition studied

Affective disorder, Symptoms and signs involving emotional state

## ICD-10 code

F31, F32,

## ICD-10 code description

Depression, Suicidal ideation

## Primary outcomes

### 1

#### Description

suicidal ideation

#### Timepoint

Before intervention and one week after finishing intervention

#### Method of measurement

Beck Scale for Suicidal Ideation (BSSI)

## Secondary outcomes

### 1

#### Description

Depression

#### Timepoint

Before intervention and one week after finishing intervention

#### Method of measurement

Beck Depression Inventory

## Intervention groups

### 1

#### Description

Intervention group: First, the pre-test will be done. Intervention group will receive 6 sessions group therapy. Then, the post-test will be done. Finally, the differences of pre-test and post-test are compared with each other.

#### Category

Prevention

### 2

#### Description

Control group: This group will not receive any intervention. The differences of pre-test and post-test are measured and are compared with each other.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Razi Psychiatric Hospital

##### Full name of responsible person

Dr Arash Mohaggegi

##### Street address

Tabriz Razi Psychiatric Hospital, Elgoli Boulevard

**City**  
Tabriz

## Sponsors / Funding sources

**1**

### Sponsor

**Name of organization / entity**  
Vice chancellor for research, Tabriz University of Medical Sciences

**Full name of responsible person**  
Dr Kazem Shakouri

**Street address**  
Third floor, No 2 Building of Tabriz University of Medical Sciences, Golgasht Ave

**City**  
Tabriz

### Grant name

**Grant code / Reference number**

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

**Title of funding source**  
Vice chancellor for research, Tabriz University of Medical Sciences

**Proportion provided by this source**  
100

**Public or private sector**  
*empty*

**Domestic or foreign origin**  
*empty*

**Category of foreign source of funding**  
*empty*

**Country of origin**

**Type of organization providing the funding**  
*empty*

## Person responsible for general inquiries

### Contact

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Tabriz University of Medical Sciences

**Full name of responsible person**  
Dr Hossein Ebrahimi

**Position**  
PhD in nursing

### Other areas of specialty/work

**Street address**  
Psychiatric Nursing Group, Tabriz Nursing and Midwifery Faculty, South Shariati Street

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Tabriz

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Ebrahimih@tbzmed.ac.ir

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Tabriz University of Medical Sciences

**Full name of responsible person**  
Raheleh Modabernaha

**Position**  
MS in Psychiatric Nursing, Student

**Other areas of specialty/work**

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Psychiatric Nursing Group, Tabriz Nursing and Midwifery Faculty, South Shariati Street

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**  
*empty*

**Study Protocol**  
*empty*

**Statistical Analysis Plan**  
*empty*

**Informed Consent Form**  
*empty*

**Clinical Study Report**  
*empty*

**Analytic Code**  
*empty*

**Data Dictionary**  
*empty*