

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Study of the effect of expressive writing on Psychological health in vitiligo patients

Protocol summary

Study aim

The impact of Expressive Writing therapy on Psychological health of Patients with Vitiligo

Design

The intervention group will be under the expressive writing group. First, patients will complete the GHQ & the DLQI questionnaires. The intervention group is then asked to attend a three-week, 45-minute session with an emotional exposition training content within three weeks. They are asked to write their deepest thoughts and feelings about the experience of vitiligo. In the follow-up, after 12 weeks, the General Health Questionnaire (GHQ) and the Dermatology Life Quality Index (DLQI) are completed by the patients.

Settings and conduct

This study was conducted at the Molecular Dermatology Research Center of the Shiraz Faghihigh Hospital. Patients with vitiligo after completing the consent form will be fully satisfied with the project. The intervention group will undergo psychiatric treatment. First, complete public health and quality of life questionnaires then asked to participate in sessions in three 45-minute sessions with an emotional disclosure content within three weeks. In the follow-up, after 12 weeks of starting the study, patients were contacted by patients in the first 12 weeks after the start of the study.

Participants/Inclusion and exclusion criteria

The inclusion criteria were: (a) age > 18 years, (b) the definite diagnosis of vitiligo confirmed by a dermatologist with onset of symptoms at least 6 months prior to the study, (c) the ability to read and write. The Exit criteria: People who do not want to cooperate & People with cognitive impairment or psychiatric disorder Whose collaboration will limit the study

Intervention groups

The intervention group includes patients with vitiligo receiving treatment group intervention. This criteria does not have a control group.

Main outcome variables

thoughts and feelings

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110731007160N7**

Registration date: **2019-02-17, 1397/11/28**

Registration timing: **retrospective**

Last update: **2019-02-17, 1397/11/28**

Update count: **0**

Registration date

2019-02-17, 1397/11/28

Registrant information

Name

Nasrin Hamidizadeh

Name of organization / entity

Molecular Dermatology Research Center, Shiraz
University of Medical Sciences, Shiraz, Iran

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-08-11, 1396/05/20

Expected recruitment end date

2018-03-19, 1396/12/28

Actual recruitment start date

2017-03-21, 1396/01/01

Actual recruitment end date

2018-03-19, 1396/12/28
Trial completion date
 2018-03-19, 1396/12/28

Scientific title
 Study of the effect of expressive writing on Psychological health in vitiligo patients

Public title
 The effect of expressive writing on Psychological health in vitiligo patients

Purpose
 Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 The inclusion criteria were: (a) age>18 years, (b) the definite diagnosis of vitiligo confirmed by a dermatologist with onset of symptoms at least 6 months prior to the study, (c) the ability to read and write.
Exclusion criteria:
 People who do not want to cooperate, People with cognitive impairment or psychiatric disorder whom their collaboration limits the study.

Age
 From **18 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **30**
 Actual sample size reached: **26**

Randomization (investigator's opinion)
 N/A

Randomization description

Blinding (investigator's opinion)
 Not blinded

Blinding description

Placebo
 Not used

Assignment
 Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Ethics committee , Vice-Chancellor for Research, Shiraz University of Medical Sciences, Zand Blvd., Shiraz, Iran .

City

Shiraz

Province

Fars

Postal code

71345-1978

Approval date

2017-10-27, 1396/08/05

Ethics committee reference number

IR.SUMS.REC.1396.82

Health conditions studied

1

Description of health condition studied

Vitiligo

ICD-10 code

L80

ICD-10 code description

Vitiligo

Primary outcomes

1

Description

thoughts and feelings in patients with vitiligo

Timepoint

after 12 week from the start of the study

Method of measurement

General Health Questionnaire (GHQ) و Dermatology Life Quality Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group Therapy

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dermatology Department, Shiraz University of Medical Sciences

Full name of responsible person

Dr.Nasrin Hamidizade

Street address

Molecular Dermatology Research Center Shahid Faghihi hospital, Zand Avenue, Shiraz-Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Nasrin Hamidizade
Position
Manager of MDRC
Latest degree
Ph.D.

Other areas of specialty/work

Immunology

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Person responsible for updating data

Contact

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Data & Result

When the data will become available and for how long

6 month after publish

To whom data/document is available

Reseachers

Under which criteria data/document could be used

By obtaining a license from Vice-Chancellor for Research

From where data/document is obtainable

Vice-Chancellor for Research

What processes are involved for a request to access data/document

Referring to the Research and Technology Dept. of
Research Affairs

Comments