Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparision of Spirituality Integrated Psychotherapy (SIPT), Cognitive-Behavioral Therapy (CBT) and Medication Intervention on reduction of Depressive Symptoms and Dysfunctional Attitudes in Patients with Dysthymic Disorder

Protocol summary

Summary

The aim of this study was to compare the effectiveness of Spiritual Integrated Psychotherapy(SIPT),Cognitive-Behavioral Therapy (CBT) and Medication in reducing dysfunctional attitudes and depressive symptoms in patients with dysthymic disorder. Sixty two patients with dysthymic disorder were recruited from Health and Academic Centers in Isfahan (Iran) on 2007. Main inclusion criteria were diagnosis of dysthymic disorder according to DSM-IV-TR criteria, age20-65 and Persian language. Exclusion criteria were suffering from one of serious neurological disorder, mental retardation, psychosis disorders and risk of suicide. The subjects were then randomly assigned into three experimental groups and one control group. Medication was consisted of antidepressants prescribed by psychiatrist, the SIPT and CBT were presented in 8 sessions. Beck Depression Inventory and Dysfunctional Attitudes Scale were completed by all of the subjects, prior, during, and after intervention, and in a 3 month follow-up as well. Results revealed that SIPT was found to be more effective than medication on the reduction of depressive symptoms and dysfunctional attitude ($P < 0.01$), And was also found to be more effective than CBT on the reduction of the dysfunctional attitude ($P < 0.01$), but not on the reduction of depressive symptoms. SIPT and CBT were found to have more consistent effects than medication in the follow-up ($p<0.01$).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201108157339N1**
Registration date: **2012-08-19, 1391/05/29**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2012-08-19, 1391/05/29

Registrant information

Name

Amrollah Ebrahimi

Name of organization / entity

Isfahan University of Medical Sciences, Isfahan, Iran

Country

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Recruitment status

Recruitment complete

Funding source

Department of Psychology, Isfahan University

Expected recruitment start date

2006-09-11, 1385/06/20

Expected recruitment end date

2007-09-29, 1386/07/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparision of Spirituality Integrated Psychotherapy (SIPT), Cognitive-Behavioral Therapy (CBT) and Medication Intervention on reduction of Depressive Symptoms and Dysfunctional Attitudes in Patients with Dysthymic Disorder

Public title
Spirituality Psychotherapy (SIPT), Cognitive-behavioral Therapy (CBT) and Medication Intervention on Depressive Symptoms
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria included dysthymic disorder diagnosis according to DSM-IV-TR; age between 20 and 65 years old; Persian language; Exclusion comorbidity with severe physical diseases; serious neurology; mental retardation; psychosis disorders or symptoms; bipolar disorder; depression disorders resulting from drug and alcohol abuse and other psychiatric disorders with depression as their secondary symptoms; reluctance of the patient to continue the therapy; serious suicide ideation and risk of suicide which require emergency intervention.
Age
From **20 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **62**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Isfahan University
Street address
Isfahan University,Hejarjerib bolvar,Isfahan, Iran
City
Isfahan
Postal code
Approval date
2006-05-10, 1385/02/20
Ethics committee reference number
5888/82

Health conditions studied

1

Description of health condition studied
Dysthimic Disorder
ICD-10 code
F34.1
ICD-10 code description
Dysthymia

Primary outcomes

1

Description
severity of depressive symptoms (self-report)
Timepoint
before intervention,after 4week,after intervention,3month afterintervention(follow out)
Method of measurement
Beck Depression Inventory(BDI-II)

2

Description
severity of anxiety symptoms(clinician rating)
Timepoint
before intervention,after 4week,after intervention,3month afterintervention(follow out)
Method of measurement
Hamilton Rating Scale for Depression(HRSD)

3

Description
dysfunctional attitude
Timepoint
before intervention,after 4week,after intervention,3month afterintervention(follow out)
Method of measurement
Dysfunctional Attitude Scale (DAS-26)

Secondary outcomes

empty

Intervention groups

1

Description
Group1:Spritually Integrated psychotherapy include cognitive, behavioral,emotional,spritual strategies based on religious sources. SIPT were presented in 8 sessions, each week, a 45-minute individualTreatment session
Category
Other

2

Description

Group2: cognitive behavior therapy with using a standard protocol in the form of eight 45-minute sessions, one session per week,Individually

Category

Other

3

Description

Group3:routin antidepressant medication therapy, Citalopram was initiated at 20 mg/day, and increased to a maximum of 60 mg/day

Category

Treatment - Drugs

4

Description

Control Group: no any intervention (waiting list)

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Noor Medical Center

Full name of responsible person

Dr.Ghorban Ali Asadollahi

Street address

Noor Medical Center, Ostandari Avn, Isfahan,Iran

City

Isfahan

2

Recruitment center

Name of recruitment center

Counseling Center of Isfahan University of Medical Sciences

Full name of responsible person

Raheleh Samoei

Street address

Counseling Center, Isfahan University of Medical Sciences, Hejarjirib Bolvar, Isfahan, Iran

City

Isfahan

3

Recruitment center

Name of recruitment center

counseling Center of Iranian Oil Company(Goldis)

Full name of responsible person

Dr. Said Sadeghi

Street address

counseling Center of Iranian Oil Company(Goldis), Goldasteh Gourden Street, Isfahan, Iran

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University

Full name of responsible person

Dr.Hamid Taher Neshatdost

Street address

Hejarjerib Bolvar

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan University

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

Name of organization / entity

Psychosomatic Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

Full name of responsible person

Amrollah Ebrahimi

Position

assistant professor of Department of Psychiatry

Other areas of specialty/work

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Web page address

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