

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of an intervention based on social support theory in decreasing depression among depressed patients psychiatric shahid yahya nezhad hospital babol.

Protocol summary

Summary

The aim of this study was to evaluate the effect of education based on the theory of social support in reducing depression in depressed patients martyr Yahyanejad is psychiatric clinic. Inclusion criteria were: mild and moderate depression, Lack of to severe psychiatric disorders such as schizophrenia or manic - depressive, satisfaction . Exclusion criteria included: out of phase with mild to moderate depression and entrance to severe depressive phases. The study population depressed patients admitted to the Psychiatric Clinic martyr Yahyanejad that 100 of them were selected by random sampling. 50 People of patients morning shift as intervention group and 50 patients in the control group had an evening shift. The two groups Completed demographic questionnaire, Beck and Stuart and Sherborne social support scale before intervention. Educational intervention based on the theory of social support and pre-test results and design for intervention in the form of three training sessions for patient and 3 sessions for patients families To introduce and recognize depressive illness, causes, treatment,s Explaining and teaching rallying to methods lecture, group discussion, questions and answers and pamphlets for the intervention group was implemented. The one month study period. One Month, three months after the intervention, again by both groups completed questionnaires and the data obtained were analyzed. The primary consequence of intervention reduce depression in depressed patients is studied.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201607177352N11**
Registration date: **2016-10-29, 1395/08/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-29, 1395/08/08

Registrant information

Name

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Name of organization / entity

Tehran University of Medical Sciences, Tehran, Iran

Country

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-10-29, 1394/08/07

Expected recruitment end date

2015-12-28, 1394/10/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of an intervention based on social support theory in decreasing depression among depressed patients psychiatric shahid yahya nezhad hospital babol.

Public title

The effect of social support on depression treatment

Purpose

Supportive

Inclusion/Exclusion criteria

. Inclusion criteria were: mild and moderate depression, Lack of to severe psychiatric disorders such as schizophrenia or manic -depressive, satisfaction and willingness of patients and patient's family. Exclusion criteria included: out of phase with mild and moderate depression and entrance to severe depressive phases and the patients and patient's family is not satisfied.

Age

From **16 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Tehran University of Medical Sciences, next to Milad Tower, martyr Hemmat Highway, Tehran

City

Tehran

Postal code

14665-354

Approval date

2016-01-02, 1394/10/12

Ethics committee reference number

IR.IUMS.REC.1395.27342

Health conditions studied

1

Description of health condition studied

depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Enhance social support

Timepoint

Before the intervention and one month and three months after intervention

Method of measurement

Questionnaire content analysis

Secondary outcomes

1

Description

Reduced depression score

Timepoint

Before the intervention and one month and three months after intervention

Method of measurement

Questionnaire content analysis

Intervention groups

1

Description

Intervention group: Educational intervention based on the theory of social support and pre-test results and design for intervention in the form of three training sessions for patient and 3 sessions for patients families To introduce and recognize depressive illness, causes, treatment,s Explaining and teaching rallying to methods lecture, group discussion, questions and answers and pamphlets for the intervention group was implemented.

Category

N/A

2

Description

Control group: Depressed patients and their families not Received any educational intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Martyr psychiatric clinic Yahyanejad
Full name of responsible person
Maryam Bakhshi
Street address
Parse 3, East Eram Bhr, Babol
City
babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
doctor Seyed Javad Mousavi
Street address
Tehran University of Medical Sciences Iranian-
highway martyr Hemmat
City
Tehran
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes
Title of funding source
Iran 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

Name of organization / entity
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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