

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Design and implementation of the package of spiritual psychotherapy to treat people with gender identity disorder (GID)

Protocol summary

Summary

Gender identity is individual sense of being male or female and normally corresponded to the individual anatomy gender. Gender Identity Disorder (GID), a disorder characterized by the sustained strong preference for adopting the status and role of the opposite sex. In this study, based on the approach of spiritual psychotherapy, spiritual component of love of others, love of work, love of belonging, belief in God, belief in the unity and belief in transformation will be used in designing Spiritual Psychotherapy package for people with gender identity disorder (GID). In this study, the Spiritual Psychotherapy package is designed for people with GID, then face and content validity is also evaluated using focus group discussions with experts. Then this treatment package will perform for 5 people with GID in this preliminary study, and feasibility will be examined. Suffering GID will be evaluated Using the criteria of DSM-V (According to psychiatrist), and the spiritual health and quality of life of these patients were compared before and after the implementation of the package using the spiritual health and quality of life questionnaires.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201701149127N3**

Registration date: **2017-02-15, 1395/11/27**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-02-15, 1395/11/27

Registrant information

Name

Maryam Salmanian

Name of organization / entity

Tehran University of medical sciences, psychiatry and psychology research center

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Deputy of research, Tehran University of Medical Sciences

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Design and implementation of the package of spiritual psychotherapy to treat people with gender identity disorder (GID)

Public title

Effectiveness of spiritual psychotherapy in treatment of gender identity disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1. Patients with Gender Identity Disorder (GID) with psychiatrist diagnosis 2. subjects

aged between 18 and 30 years Exclusion criteria: 1. Failure to receive a diagnosis of gender identity disorder by a psychiatrist 2. subjects aged less than 18 or more than 30 years

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **5**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran university of medical sciences

Street address

Deputy of research, Tehran university of medical sciences, At the corner of the Qods street, Bolvare Keshavarz, Tehran.

City

Tehran

Postal code

Approval date

2017-02-05, 1395/11/17

Ethics committee reference number

IR.TUMS.VCR.REC.1395.1652

Health conditions studied

1

Description of health condition studied

Gender Identity Disorder

ICD-10 code

F64.0

ICD-10 code description

Primary outcomes

1

Description

spiritual health

Timepoint

before and after intervention

Method of measurement

spiritual health aquestionnaire

2

Description

quality of life

Timepoint

before and after intervention

Method of measurement

quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In this study, firstly the Spiritual Psychotherapy package is designed for people with GID, then face and content validity is also evaluated using focus group discussions with experts. Then this treatment package will perform for 5 people with GID in this preliminary study, and feasibility will be examined.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

psychiatry and psychology research center, Tehran university of medical sciences

Full name of responsible person

Dr. Maryam Salmanian

Street address

Roozbeh Hospital, South Kargar Avenue, Tehran, Iran.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran university of medical sciences

Full name of responsible person

Mrs. Karimi

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At the corner of Qods street, Bolvare Keshavarz,
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City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran 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**

Tehran university of medical sciences

Full name of responsible person

Dr. Maryam Salmanian

Position

PhD by Research/ K factor researcher

Other areas of specialty/work**Street address**

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Full name of responsible person

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Web page address**Person responsible for updating data****Contact****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