Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of group cognitive hypnotherapy on Psychological well-being in patients with multiple sclerosis.

Protocol summary

Summary

Background: Multiple sclerosis is an autoimmune disease that create Family disruption , economic hardship and psychological distress . Although there is no cure for this disease, but psychotherapy or use complementary therapies to reduce symptoms of the disease have been effective. The aim of this study is to assess the effectiveness of cognitive group hypnotherapy on psychological well-being in patients with multiple sclerosis is Yasuj. Methods: This study is a clinical trial. A total of 30 patients with multiple sclerosis who have been admitted to the Mofateh clinic in Yasuj selected and randomly assigned into experimental and control group. For experimental group 8 sessions for one and a half hours of weekly cognitive hypnotherapy will be treated but control group received no intervention. This Reef psychological well-being questionnaire (Short Form 21-item) will be used to assess psychological well-being. Before and after the intervention, both groups will fill the questionnaire. The gathered data will be analyzed using SPSS 23.

General information

Acronym

group cognitive Hypnotherapy

IRCT registration information

IRCT registration number: **IRCT2017041129377N2**
Registration date: **2017-06-08, 1396/03/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-08, 1396/03/18

Registrant information

Name

Mohammad Malekzadeh

Name of organization / entity

Yasuj University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Yasuj University of Medical sciences

Expected recruitment start date

2016-11-28, 1395/09/08

Expected recruitment end date

2017-02-03, 1395/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of group cognitive hypnotherapy on Psychological well-being in patients with multiple sclerosis.

Public title

Effect of Cognitive hypnotherapy in multiple sclerosis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:Patients should have volunteered to participate in this study.Informed consent form to be completed. Only patients that diagnosed with multiple sclerosis will participated in the study. Exclusion criteria: Patients with chronic diseases such as asthma, epilepsy

and cardiovascular disease, the use of psychiatric medications, delays and irregularities in the hypnosis sessions, Sudden illness or severe colds, lack of any talent for hypnosis. and patients who had a history of suicide or those who have suicidal thoughts will not participated in study.

Age
From **18 years** old to **43 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

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 Yasuj University of Medical Sciences

Street address
Vice President of ResearchYasuj University of Medical Sciences

City
Yasuj

Postal code
7591741417

Approval date
2015-11-28, 1394/09/07

Ethics committee reference number
IR.YUMS.REC.1394.107

Health conditions studied

1

Description of health condition studied
Multiple sclerosis

ICD-10 code
G35

ICD-10 code description
Incl.: Multiple sclerosis (of): NOS brain stem cord disseminated generalized

Primary outcomes

1

Description
Psychological well-being

Timepoint
]t will be measured at the baseline and 2 months after the intervention.

Method of measurement
Psychological Well-Being Scale Ryfe

Secondary outcomes

empty

Intervention groups

1

Description
Cognitive Hypnotherapy For experimental group 8 sessions for one and a half hours of weekly cognitive hypnotherapy will be applied. The use of cognitive techniques Identify cognitive distortions Negative thoughts and cognitive restructuring

Category
Treatment - Other

2

Description
Control group the control group will not receive any intervention.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Mofateh clinic and Beheshti hospital

Full name of responsible person
Mr. Zabihi

Street address
Hospital pharmacist, Shahid Beheshti hospital, Yasuj

City
yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yasuj University of Medical Sciences

Full name of responsible person

Dr. Hossein Mary Oriad, Vice Chancellor for research of Yasuj University of Medical Sciences

Street address

jahad Agriculture

City

yasuj

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Yasuj 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

Yasu University of Medical Sciences

Full name of responsible person

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Assistant Professor

Other areas of specialty/work

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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