Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of psychodrama in emotional rehabilitation of bipolar patients

Protocol summary

Summary
The aim of this study was to evaluate the effect of Psychodrama in emotional rehabilitation of bipolar patients. This is an experimental pretest - posttest study with a control group which was accompanied by 6-month follow up. The study population consists of bipolar patients referred to “Behravan” rehabilitation center in Sari city, ten of them were chosen for purposive sampling. The instrument used in this study was the emotional rehabilitation questionnaire. The main inclusion criterion was participating in all sessions, and the exclusion criteria was developing other mental disorders. The subjects completed emotional rehabilitation questionnaires, and then were exposed to therapeutic intervention. The intervention was for 8 weeks, and each week featuring a 90-minute session. In every session of this study through play, drama and theater education was paid a thrill. After the end of interventions the participants again completed the emotional rehabilitation questionnaire. As well as to track the results of treatment, subjects completed the emotional rehabilitation questionnaire as 6-month follow-up.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT2017042933690N1**
Registration date: **2017-05-24, 1396/03/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2017-05-24, 1396/03/03

Registrant information

Name
Farzaneh Pouladi

Name of organization / entity
Shahid Bahonar university of Kerman

Country
Iran (Islamic Republic of)

Phone
+98 34 3325 7255

Email address
farzaneh@ens.uk.ac.ir

Recruitment status
Recruitment complete

Funding source
Sources of financing have been for the private sector

Expected recruitment start date
2016-09-22, 1395/07/01

Expected recruitment end date
2016-11-21, 1395/09/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of psychodrama in emotional rehabilitation of bipolar patients

Public title
The effect of psychodrama in emotional rehabilitation of bipolar patients

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria included: having at least primary education; accepting and filling out the consent for participating in study, participation in all sessions of treatment. Exclusion criteria consisted of the following: absence of more than two sessions of therapy sessions, having psychotic symptoms, personality disorders, substance abuses that were identified during the initial interview and assessment.

Age
From **23 years** old to **39 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **22**
Randomization (investigator's opinion)
N/A
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
Ethics committee of Shahid Bahonar university of Kerman
Street address
Shahid Bahonar university of Kerman, Square Pjhohesh, Highway Imam Khomeini, Kerman
City
Kerman
Postal code
Approval date
2017-04-16, 1396/01/27
Ethics committee reference number
E.A.96.1.27-01

Health conditions studied

1

Description of health condition studied
bipolardisorders
ICD-10 code
F31
ICD-10 code description
A disorder characterized by two or more episodes in which the patient's mood and activity levels are significantly disturbed, this disturbance consisting on some occasions of an elevation of mood and increased energy and activity (hypomania or mania) and

Primary outcomes

1

Description
emotional rehabilitation
Timepoint
pretest-postest-6-month follow-up
Method of measurement
questionnaires emotional rehabilitation-Structured Clinical Interview

Secondary outcomes

empty

Intervention groups

1

Description
intervention 1: In order to improve the emotional rehabilitation, Experimental group was presented psychodrama for 8 sessions. They were evaluated using a questionnaire emotional rehabilitation.
Category
Behavior

2

Description
Intervention 2: intervention was not applied to this group.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Behravan rehabilitation center in Sarri
Full name of responsible person
Farzaneh Pouladi, Phd student
Street address
street 15 khordad, street Farhang, Sarri
City
Sarri

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Shahid Bahonar university of Kerman
Full name of responsible person
Farzaneh Pouladi
Street address
department of psychology, Shahid Bahonar university

of Kerman, square Pajhohesh, Kerman

City
Kerman

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research, Shahid Bahonar university of Kerman

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
department of Shahid Bahonar Kerman

Full name of responsible person
Farzaneh Pouladi

Position
Phd student

Other areas of specialty/work

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Person responsible for scientific inquiries

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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