Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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)

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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.

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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, Tehran.
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

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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