

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

"The effectiveness of Prolonged Exposure Therapy for Post-Traumatic Stress Disorder (PTSD) in reducing symptoms and improving the quality of life of veterans and combatants of the Eight-Year Iran-Iraq War."

Protocol summary

Study aim

Determining the Effectiveness of Prolonged Exposure (PE) Therapy in Reducing Symptoms of Post-Traumatic Stress Disorder (PTSD) and Improving Quality of Life among Veterans of the Eight-Year Iran-Iraq War in Ardabil Province

Design

The study includes 3 individuals with post-traumatic stress disorder (PTSD) selected from the research population through purposive sampling.

Settings and conduct

With the introduction of the provincial deputy and research officer to the command of the military unit, the intervention site will be located in the Basirat building in the health section of the study unit.

Participants/Inclusion and exclusion criteria

Active-duty or retired military personnel with a history of war-related trauma. Having war-related Post-Traumatic Stress Disorder (PTSD) with a medical record and currently under pharmacological treatment. No history of receiving psychological treatments prior to entering the study. Ability to read and write. Patient's consent to participate in the study and signing the written informed consent form. Suffering from other major psychiatric disorders (excluding PTSD and comorbid symptoms of depression and anxiety), such as personality disorders, psychotic disorders, or substance and alcohol addiction. Having suicidal thoughts. Possessing non-therapeutic motivations (e.g., seeking secondary gains such as increasing disability benefits). Presence of severe medical conditions or physical injuries, such as spinal cord

Intervention groups

The treatment sessions are 12 sessions, weekly or twice a week, each session usually lasting 90 minutes, and the duration of treatment for each client will be 2 to 4 months. It will be conducted individually based on the PE

Prolonged Exposure Therapy (PE) protocol for PTSD developed by Foa et al.

Main outcome variables

Symptoms of Post-Traumatic Stress Disorder (PTSD).
Quality of Life.

General information

Reason for update

Acronym

PET

IRCT registration information

IRCT registration number: **IRCT20250806066778N1**

Registration date: **2025-09-16, 1404/06/25**

Registration timing: **prospective**

Last update: **2025-09-16, 1404/06/25**

Update count: **0**

Registration date

2025-09-16, 1404/06/25

Registrant information

Name

Mohammad Amiri

Name of organization / entity

University of Tabriz

Country

Iran (Islamic Republic of)

Phone

+98 914 781 1797

Email address

amiri100370@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-22, 1404/06/31

Expected recruitment end date

2025-10-22, 1404/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

"The effectiveness of Prolonged Exposure Therapy for Post-Traumatic Stress Disorder (PTSD) in reducing symptoms and improving the quality of life of veterans and combatants of the Eight-Year Iran-Iraq War."

Public title

Evaluating the Effectiveness of Prolonged Exposure Therapy for Post-Traumatic Stress Disorder (PTSD) in Reducing Symptoms and Improving Quality of Life among Veterans of the Iran-Iraq War

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Active-duty or retired military personnel with a history of war-related trauma. Having war-related Post-Traumatic Stress Disorder (PTSD) with a medical record and currently under pharmacological treatment. No history of receiving psychological treatments prior to entering the study. Ability to read and write. Patient's consent to participate in the study and signing the written informed consent form.

Exclusion criteria:

Suffering from other major psychiatric disorders (excluding PTSD and comorbid symptoms of depression and anxiety), such as personality disorders, psychotic disorders, or substance and alcohol addiction. Having suicidal thoughts. Possessing non-therapeutic motivations (e.g., seeking secondary gains such as increasing disability benefits). Presence of severe medical conditions or physical injuries, such as spinal cord lesions, that would cause significant difficulties for the patient's attendance in therapy sessions.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **15**

More than 1 sample in each individual

Number of samples in each individual: **5**

The intervention will be conducted individually, based on the Prolonged Exposure (PE) therapy protocol for Post-Traumatic Stress Disorder (PTSD) developed by Foa and colleagues, and will be administered by the researcher.

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**

Working Group of the Research Ethics Committee of the University of Tabriz

Street address

Tabriz, Oruj Square, University of Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166616471

Approval date

2025-07-22, 1404/04/31

Ethics committee reference number

IR.TABRIZU.REC.1404.078

Health conditions studied**1****Description of health condition studied**

Post-Traumatic Stress Disorder - PTSD

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Percentage improvement (Scruggs and Mastropiri, 1998) in single-subject research designs is one of the quantitative indicators for measuring the effectiveness of interventions, which shows the amount of change in behavior or the dependent variable as a percentage compared to the baseline situation.

Timepoint

Effect size in single-subject research designs is a quantitative indicator used to measure the extent to which an intervention has an effect on the dependent treatment (the behavior or outcome under study) and its strength or change.

Method of measurement

In the present study, the 17-item version of the

Posttraumatic Stress Symptoms Scale (interview form) developed by Foa, Riggs, Danko, and Rothiam (1993) will be used.

Secondary outcomes

empty

Intervention groups

1

Description

In this study, the World Health Organization's 26-item short form of the Quality of Life Questionnaire (WHO-QOL-BREF) was used. The 17-item version of the Posttraumatic Stress Disorder Scale (interview form) developed by Foa, Riggs, Danko, and Rothiam (1993) will be used. An information session, and obtaining written consent and answers to possible questions from participants, 12 treatment sessions, which are weekly or twice a week, with each session usually lasting 90 minutes. No medication will be used in the treatment. The psychotherapy process is based on 4 important components of long-term exposure, namely psychoeducation, visual exposure, real exposure, and emotional processing, based on the treatment protocol presented by Foa et al.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

military unit

Full name of responsible person

Mohammad Amiri

Street address

Daneshgah Street, Daneshgah Square, Ardabil
University of Medical Sciences, Central Headquarters

City

Ardabil

Province

Ardabil

Postal code

5615871897

Phone

+98 914 451 1797

Email

amiri100370@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Tabriz

Full name of responsible person

Professor Abbas Bakhshipour

Street address

Tabriz, 29 Bahman Boulevard, University

City

Tabriz

Province

East Azarbaijan

Postal code

5166616471

Phone

+98 41 3334 0081

Email

bakhshipour@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

I have no financial resources

Proportion provided by this source

1

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Mohammad Amiri

Position

Head of the Student Counseling and Mental Health
Department at Ardabil University of Medical Science

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Daneshgah Street, Daneshgah Square, Ardabil
University of Medical Sciences Headquarters

City

Ardabil

Province

Ardabil

Postal code

8599156189

Phone

+98 45 3353 4722

Email

amiri100370@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Tabriz

Full name of responsible person

Professor Abbas Bakhshipour

Position

Full Professor, University of Tabriz

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Tabriz, 29 Bahman Boulevard, University of Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166616471

Phone

+98 41 3334 0081

Fax

+98 41 3334 0081

Email

bakhshipour@gmail.com

Web page address**Email**

amiri100370@gmail.com

Web page address

<https://www.heyvagroup.com/blog/84808/%D8%B3%D8%A7%DB%8C%D8%AA-%D8%AF%D8%A7%D9%86%D8%B4%DA%AF%D8%A7%D9%87-%D8%AA%D8%A8%D8%B1%DB%8C%D8%B2.html>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Stress is one of the factors threatening mental health and was one of the consequences of the eight-year Sacred Defense war in Iran. As research has shown, even more than forty years after the end of the war, many veterans or combatants (disabled war veterans) still suffer from post-traumatic stress disorder (PTSD). The most common symptoms among them are increased arousal and reactivity. Therefore, paying attention to this issue is still necessary and there is more work to be done.

When the data will become available and for how long

The preliminary studies for this project started in 2023 and, God willing, will be available by mid-2026.

To whom data/document is available

Respected university professors and those who want to provide services to the warriors and veterans of the eight years of sacred defense

Under which criteria data/document could be used

If the intended goals are to help improve the quality of life of veterans and fighters of the eight years of sacred defense.

From where data/document is obtainable

Website of the Vice Chancellor for Research and Research Technology of Ardabil University of Medical Sciences

What processes are involved for a request to access data/document

By visiting the website of the Vice President for Research and Research Technology of Ardabil University of Medical Sciences

Comments

Person responsible for updating data

Contact

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Mohammad Amiri

Position

Head of the Student Counseling and Mental Health Department at Ardabil University of Medical Science

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Daneshgah Street, Daneshgah Square, Ardabil University of Medical Sciences Headquarters

City

Ardabil

Province

Ardabil

Postal code

8599156189

Phone

+98 45 3353 4722

Fax

+98 45 3353 4773