

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### study on effect of group instruction based on Acceptance and Commitment Therapy on job stress and job burnout

#### Protocol summary

##### Summary

Objectives : Aim of this study was examination of the effect of acceptance and commitment therapy (ACT) group instruction on job stress and job burnout among personnel of Islamic Azad University, Azadshahr branch. Design: This study was a semi-experimental study with pretest-posttest and control group. Participants including major eligibility criteria: participants was 96 people of personnel (not academic members) of Islamic Azad University, Azadshahr branch that selected by voluntarily sampling and assigned randomly to 3 (experimental, let's talk and control) groups. Setting and Conduct: subjects completed Osipow's Occupational Stress Inventory- Revised Edition (1987) and Maslach and Jackson Job Burnout Inventory (1981) for pretest, Posttest and follow up. Intervention: Experimental group were instructed group acceptance and commitment therapy (ACT) based on Bond and Hayes (2004) model for 4 sessions 1.5 hours. In let's talk group individuals were instruct about nutrition and sports (non-related to ACT) for 4 sessions 1.5 hours. Control group did not instruct anything. Main Outcome Measures (variables): Results shows that group instruction of acceptance and commitment therapy decrease job stress and had no effect on job burnout.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2012081110474N1**

Registration date: **2012-09-24, 1391/07/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-09-24, 1391/07/03

#### Registrant information

##### Name

Ali Hosseinaei

##### Name of organization / entity

Islamic Azad University- Research and Science branch

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 1445 7612

##### Email address

a\_hosseinaei@iauaz.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Vice chancellor for research, Islamic Azad University, Khozestan Research and Science branch

#### Expected recruitment start date

2011-05-22, 1390/03/01

#### Expected recruitment end date

2011-11-22, 1390/09/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

study on effect of group instruction based on Acceptance and Commitment Therapy on job stress and job burnout

#### Public title

effect of Act on job stress

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

inclusion : personnel of Islamic Azad University, Azadshahr Branch Exclusion:no academic personnel

#### Age

From **25 years** old to **60 years** old

#### Gender

Both

#### Phase

2-3

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **96**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

### 1

#### Registry name

non

#### Secondary trial Id

non

#### Registration date

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Islamic Azad university  
Azadshahr branch

##### Street address

Islamic Azad university Azadshahr branch, Shahid  
Rajaei street, Azadshahr, Golestan, Iran

##### City

Azadshahr

##### Postal code

#### Approval date

2011-05-22, 1390/03/01

#### Ethics committee reference number

not

## Health conditions studied

### 1

#### Description of health condition studied

job stress, job burnout

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

job stress

#### Timepoint

before the intervention, after the intervention and 3  
month after the intervention

#### Method of measurement

Osipow (1978) job stress inventory

## Secondary outcomes

### 1

#### Description

job burnout

#### Timepoint

before the intervention, after the intervention, and three  
month after the intervention

#### Method of measurement

Maslach an Jockson job burnout inventory (1981)

## Intervention groups

### 1

#### Description

Experimental group were instructed group acceptance  
and commitment therapy (ACT) based on Bond and  
Hayes (2004) model for 4 sessions 1.5 hours.

#### Category

Behavior

### 2

#### Description

let's talk group were instructed about nutrition and  
sports (nonrelated to ACT) for 4 sessions 1.5 hours.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Islamic Azad University Azadshahr branch

##### Full name of responsible person

Mr Mirarab

##### Street address

Shahid Rajaei street, Azadshahr

##### City

Azadshahr

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Sciences vice chancellor for research, Islamic Azad University Khouzestan Research and Science bran

**Full name of responsible person**

Mrs Khajavi

**Street address**

Pasdaran Blvd, Ahwaz

**City**

Ahwaz

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

Yes

**Title of funding source**

Sciences vice chancellor for research, Islamic Azad University Khouzestan Research and Science bran

**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**

Islamic Azad University.Khouzestan Research and Science branch

**Full name of responsible person**

Ali Hosseinaei

**Position**

doctora graduate

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

Pasdaran Blvd, Ahwaz, Khouzestan

**City**

Ahwaz

**Postal code****Phone**

+98 61 1445 7612

**Fax**

+98 61 1443 5288

**Email**

a\_hosseinaei@iauaz.ac.ir

**Web page address**

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Isalmic Azad University Khouzestan Research and Science branch

**Full name of responsible person**

Ali Hosseinaei

**Position**

Doctora graduate

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

Pasdaran Blvd, Ahwaz, Khouzestan

**City**

Ahwaz

**Postal code****Phone**

+98 61 1445 7612

**Fax**

+98 61 1443 5288

**Email**

a\_hosseinaei@iauaz.ac.ir

**Web page address**

### Person responsible for updating data

**Contact****Name of organization / entity**

Islamic Azad university Khouzestan Research and science branch

**Full name of responsible person**

Ali Hosseinaei

**Position**

Doctora graduate

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

Pasdaran Blvd, Ahwaz, Khouzestan, Iran

**City**

Ahwaz

**Postal code****Phone**

+98 61 1445 7612

**Fax**

+98 61 1443 5288

**Email**

a\_hosseinaei@iauaz.ac.ir

**Web page address**

### 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*