Clinical Trial Protocol
Iranian Registry of Clinical Trials

24 Nov 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 fallow 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
Isalamic Azad Univrersity- 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