Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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