

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effect of combination therapy based on Acceptance and Commitment (ACT) and exposure techniques in patients with generalized anxiety disorder

Protocol summary

Summary

General anxiety disorder (GAD) as one of the chronic anxiety disorders has an high prevalence in clinical and general population. This study will done for evaluation of the Efficacy of the combined treatment based Acceptance and commitment therapy (ACT) with exposure techniques in patients with general anxiety disorder. This clinical trial design is a kind of non-congruent multiple baseline single case study. In this regard, along with diagnostic interview and Structured Clinical Interview for DSM-V, four women with Generalized Anxiety Disorder (GAD) will be selected from patients of Mahabad two university counseling and psychiatric service centers by using purposeful sampling method. Patients enter treatment process after being eligible for treatment as a primary diagnosis of generalized anxiety disorder in Axis I and the lack of co-infection with other anxiety disorders. Finally, members of the combined intervention ACT and meet for 12 sessions over a period of three months will be one hour session. Protocol efficacy will be assessed in 3-phase treatment step (baseline, 12 sessions treatment and 6 weeks follow-up) by evaluating the symptoms of generalized anxiety disorder, the worry and anxiety severity and damage.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015111610512N4**
Registration date: **2015-12-21, 1394/09/30**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-21, 1394/09/30

Registrant information

Name

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Name of organization / entity

Islamic Azad University-Mahabad Branch

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Recruitment status

Recruitment complete

Funding source

none

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2014-10-23, 1393/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of combination therapy based on Acceptance and Commitment (ACT) and exposure techniques in patients with generalized anxiety disorder

Public title

Effect of psychotherapy on generalized anxiety disorders

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: The original diagnosis of generalized anxiety disorder in axis I; having read and write; aged 18 years to 61 years without comorbid diagnosis of generalized anxiety disorder (GAD); lack of co-infection with other anxiety disorders or organic disorders (based on records); avoiding the use of psychiatric drugs simultaneously and without history of hospitalization and psychological treatment, and exclusion criteria also include: comorbid disorders listed in the criteria for inclusion; participation in counseling and psychotherapy at the same time; the history of the hospital and get treatment psychological; receiving medication and having three consecutive absences.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 4

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

Tabriz university

Street address

Tabriz, 29 bahman street

City

Tabriz

Postal code

Approval date

2014-10-12, 1393/07/20

Ethics committee reference number

01593

Health conditions studied

1

Description of health condition studied

General Anxiety Disorder

ICD-10 code

F91

ICD-10 code description

Emotional disorders with onset specific to childhood

Primary outcomes

1

Description

GAD Symptoms

Timepoint

Before, during intervention, after intervention

Method of measurement

GAD-7 Questionnaire

2

Description

Worry

Timepoint

Before, during intervention, after intervention

Method of measurement

PSWQ Questionnaire

3

Description

severity and injury of anxiety

Timepoint

Before, during intervention, after intervention

Method of measurement

OASIS Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

ACT treatment is one of the third wave behavioral therapy 6 is central to the process leading to psychological flexibility, this 6 process are: acceptance, fault isolation or cognitive, as background, knowledge of the time, brightening the values, commitment to action (6). As well as model-based treatment techniques face to face that worries about disorder GAD targets. In this model, through training, visualization, repeated exposure control with catastrophic results of thoughts and ideas of any areas of concern, cause habituation of anxiety that area of concern (10). In this study, the combination of these two therapeutic models were used in 12 sessions that brought summary proceedings in the table.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mahabad Psychiatric Service Center

Full name of responsible person

Faeze Sohrabi

Street address

Vafayi Three-way, Shapour Street, Mahabad

City

Mahabad

2

Recruitment center

Name of recruitment center

Mahabad Branch of Islamic Azad University
Counseling Center

Full name of responsible person

Faeze Sohrabi

Street address

Mahabad Branch of Islamic Azad University, Mahabad,
West Azarbaijan

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz university

Full name of responsible person

Faeze Sohrabi

Street address

29 Bahman street, Tabriz

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Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz university

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Mahabad Branch of Islamic Azad University

Full name of responsible person

Faeze Sohrabi

Street address

Mahabad branch of Islamic Azad University,
University Square

City

Mahabad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mahabad Branch of Islamic Azad University

Proportion provided by this source

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 of Mahabad

Full name of responsible person

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Position

Assistant Professor

Other areas of specialty/work

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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