

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

Comparison of Acceptance and Commitment Therapy (ACT) Effectiveness and Cognitive Therapy (CT) in Patients with Major Depressive Disorder (MDD)

Protocol summary

Summary

The aim of this study will be the comparison of the efficacy of acceptance and commitment therapy (ACT) and Cognitive therapy in treating patients with MDD. Method: Twenty outpatients meeting DAM-IV-TR criteria for MDD will be randomly assigned to one of two treatment conditions: ACT and CT treatment. The Beck Depression Inventory-II-Second Edition (BDI-II) and Ruminative Response Scale (RRS) will be administered before treatment and after treatment. Data will be analyzed by repeated measure ANOVA.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013032612857N1**
Registration date: **2013-06-14, 1392/03/24**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-06-14, 1392/03/24

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Tehran University of Medical Sciences

Expected recruitment start date

2013-01-20, 1391/11/01

Expected recruitment end date

2015-01-21, 1393/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Acceptance and Commitment Therapy (ACT) Effectiveness and Cognitive Therapy (CT) in Patients with Major Depressive Disorder (MDD)

Public title

psychotherapy for depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having diagnosis criteria for MDD based on the psychiatrist and psychologist's findings; diagnoses through diagnostic interview and results of the SCID-I/CV test; receiving no psychological therapies during three months before participation in the study; being at least 18 aged to 35; having at least diploma education; signing the letter of satisfaction by the patients for participating in the study; exclusion criteria: Having psychotic symptoms; drug abuse and serious suicidal thoughts as they could not receive and maintain medications; having complete criteria of cluster B personality disorder at Axis II by psychiatrist and psychologist through diagnostic interview and results of

the SCID-II test.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Randomized

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

Ethics Committee of Tehran University of Medical Sciences

Street address

Ghods St. Keshavarz Blvd.

City

Tehran

Postal code

Approval date

2012-12-30, 1391/10/10

Ethics committee reference number

2081/91/ص

Health conditions studied

1

Description of health condition studied

Major Depressive Disorder

ICD-10 code

F32.0

ICD-10 code description

Mild depressive episode

Primary outcomes

1

Description

Depression

Timepoint

Before treatment, after treatment

Method of measurement

Beck Depressive Inventory

2

Description

Rumination

Timepoint

Before treatment, after treatment

Method of measurement

Ruminative Response Test

Secondary outcomes

empty

Intervention groups

1

Description

The subjects will attend two-hour sessions twice a week for a total of six weeks meeting in Consulting Center of Tehran University in Tehran. As for group cognitive treatment,. During the sessions of cognitive therapy, the participants will be acquainted with the cognitive techniques including teaching ABC technique, describing negative automatic thoughts and cognitive distortions, downward arrow, testing beliefs, logical analysis, self-reward and self punishment.

Category

Behavior

2

Description

Acceptance and Commitment Therapy sessions will include: Introduction to ACT, obtaining client's life story, identification of therapeutic goals and relationship to values, increase client awareness of the pervasiveness of emotional control, defusing automatic thoughts, managing barriers to commitment and assignment of homework.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Consulting Center of Tehran University

Full name of responsible person

Hamid Peiravi

Street address

6th Floor, No.15, Eghelab Ave., Edward brown Ave.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Fotouhi

Street address

Shahid Hemmat Campus, Shahid Chamran and Sheikh Fazlullah Nuri Intersection, Shahid Hemmat West Highway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Tehran University of Medical Sciences

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

Tehran psychiatric institute

Full name of responsible person

Shima Tamannaee Far

Position

Ph.D student in clinical psychology

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