Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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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