Clinical Trial Protocol
Iranian Registry of Clinical Trials

11 Nov 2026

Effect of Acceptance and Commitment Therapy (ACT) in comparing to CBT, on anger and interpersonal relationships of men students

Protocol summary

Summary

On the one hand, due to the importance of anger of men, especially male students and on the other hand, due to the importance of psychological intervention for enhancing the adaptability and improve male aggression, especially from the angle of ACT treatment, current research is looking at the effect of ACT on anger of male students and then, looking at the effect of this treatment on their interpersonal relationships. In this study, first, among public universities in Tehran, based on random cluster sampling, several universities are selected. Then, 400 students of the universities are selected randomly and Eysenck Agression Inventory impose on them. After collecting data from subjects who have earned scores of 12 and above (moderate and high aggression), 30 subjects are selected randomly (sorting their names in order to alphabet and their random selection) and then, placed randomly in groups of ACT (15 people) and CBT (15 people). The Fundamental Interpersonal Relation Orientation- behavior and Eysenck Agression Inventory, runs on both groups before and after intervention.

General information

Acronym

ACT

IRCT registration information

IRCT registration number: **IRCT2016060315577N3**
Registration date: **2016-06-16, 1395/03/27**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-06-16, 1395/03/27

Registrant information

Name

Soheila Ghomian

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Acceptance and Commitment Therapy (ACT) in comparing to CBT, on anger and interpersonal relationships of men students

Public title

Comparing CBT with ACT on anger of students

Purpose

Treatment

Inclusion/Exclusion criteria

The lack of psychiatric disorders(In this regard, use of the million questionnaire); Do not use any type of treatment (other than medication) during the period in which they are participants in the intervention; willingness to participate in courses of current research.

Age
No age limit
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Iran University of Medical Sciences
Street address
Tehran Institute of Psychiatry,Iran University of Medical Sciences, No. 1, Mansouri martyr Street, Worship Street, Sattarkhan Street, Tehran, Iran.
City
Tehran
Postal code
Approval date
2016-05-15, 1395/02/26
Ethics committee reference number
IR.IUMS.REC.1395.25990

Health conditions studied

1

Description of health condition studied
Aggression
ICD-10 code
ICD-10 code description
moderate and high aggression

Primary outcomes

1

Description
Anger
Timepoint
before and after intervention
Method of measurement
Eysenck Agression Inventory

Secondary outcomes

1

Description
Interpersonal relation
Timepoint
before and after intervention
Method of measurement
Fundamental Interpersonal Relation Orientation-behavior

Intervention groups

1

Description
Acceptance and commitment therapy is a 7-week group therapy program with 5/1 hour sessions in week. The content of the meetings so that in the first meeting, focus on familiarity members together and general familiarity with content based on acceptance and commitment therapy. In the second session is explained to the subjects, stable mental state and 5 section of anger and training related to them. The third session will focus on anger management. The fourth session will be focused on how the mind produces anger. The fifth session will focus on patience and determination. Sixth session centered on the use of amnesia for relief from suffering and seventh session focuses on values and commitment to them.
Category
Behavior

2

Description
Cognitive behavior therapy sessions held at 7 weeks and once a week. Brief description of the meetings is as follows: in the first session: the introduction of CBT, in the second session: identify thoughts and emotions related to anger, in the third session: identify the implications of these thoughts and emotions, in the fourth session: work on alternative thoughts, in the fifth session: training relaxation, at the sixth meeting: training problem solving skills and in the last session, conduct a review of previous sessions.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center

State universities of Tehran

Full name of responsible person

Soheila Ghomian

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Mrs. Golband

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Tehran Institute of Psychiatry,Iran University of Medical Sciences, No. 1, Mansouri martyr Street, Worship Street, Sattarkhan Street, Tehran, Iran.

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Dr.Ahmad Ashouri

Position

PhD in Clinical Psychology/ 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