

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effectiveness of teaching versus non-teaching Acceptance and Commitment Therapy on early maladaptive schema modification among divorce applicants

Protocol summary

Summary

The purpose of this study was to investigate the effects of teaching Acceptance and Commitment Therapy on early maladaptive schema modification among divorce applicants. The study is one-centered, non-blinded, and two-grouped. The population of this study comprises of all women referring to the main court and district courts of Ferdows County with applications for divorce during 2016. A total of 40 women will be selected as the study sample and will be assigned into intervention and control groups by simple randomization method (20 participants in each group). Inclusion criteria include female applicants of divorce in 2016; informed consent to participate in the study; and score at least 15 in Young Schema Questionnaire - Short Form. Major exclusion criteria include unwillingness to continue participation; living separately from the spouse due to intense conflict; and having chronic physical illness or mental disorders. Both groups complete Young Schema Questionnaire - Short Form before intervention. The intervention group will receive admission and commitment training in 8 sessions (1 session every week). The sessions will last for one and a half hours, and after 8 sessions, Young Schema Questionnaire - Short Form will be completed by both the intervention and control groups simultaneously. By comparing the mean scores of the two groups, the effectiveness of teaching Acceptance and Commitment Therapy on early maladaptive schema modification will be determined in the applicants for divorce.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091717756N29**

Registration date: **2017-09-19, 1396/06/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-19, 1396/06/28

Registrant information

Name

Mohammad Bagher Roozgar

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 3239 5680

Email address

mbroozgar@bums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellery for Research of Birjand University of Medical Sciences

Expected recruitment start date

2017-09-16, 1396/06/25

Expected recruitment end date

2017-11-16, 1396/08/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of teaching versus non-teaching Acceptance and Commitment Therapy on early maladaptive schema modification among divorce applicants

Public title

Effects of teaching Acceptance and Commitment Therapy on early maladaptive schema modification

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Female applicants of divorce in 2016; informed consent to participate in the study; and score at least 15 in Young Schema Questionnaire - Short Form. Exclusion criteria: Unwillingness to continue participation; living separately from the spouse due to intense conflict; having chronic physical illness or mental disorders; and receiving simultaneous psychological treatment during intervention.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Assignment of participants into study groups is via table of random numbers.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Birjand University of Medical Sciences

Street address

Vice-chancellery of Research, Birjand University of Medical Sciences, Ghaffari St.,

City

Birjand,

Postal code

Approval date

2017-09-16, 1396/06/25

Ethics committee reference number

lr.bums.rec.1396.145

Health conditions studied

1

Description of health condition studied

Early maladaptive schemas

ICD-10 code

F54

ICD-10 code description

Psychological and behavioural factors associated with disorders or diseases classified elsewhere

Primary outcomes

1

Description

early maladaptive schema modification

Timepoint

before and after intervention

Method of measurement

Young Schema Questionnaire - Short Form

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group (Acceptance and Commitment Therapy): Completion of Young Schema Questionnaire - Short Form before intervention; going through 8 sessions of Acceptance and Commitment Therapy training one session a week; completion of Young Schema Questionnaire - Short Form after intervention.

Category

Behavior

2

Description

Control Group (No intervention): Completion of Young Schema Questionnaire - Short Form at the study onset; no intervention; completion of Young Schema Questionnaire - Short Form at the end of the study.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdows Welfare Office

Full name of responsible person

Mr. Hasan Khadem

Street address

Beheshti Blvd.,

City
Ferdows,

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellery of Research and Technology, Birjand
University of Medical Sciences

Full name of responsible person

Dr. Tooba Kazemi

Street address

Vice-chancellery of Research and Technology,
Birjand University of Medical Sciences, Ghaffari St.,

City

Birjand,

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellery of Research and Technology, Birjand
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

Islamic Azad University of Birjand

Full name of responsible person

Negar Bagherzadeh

Position

M.Sc. Student of Nursing

Other areas of specialty/work

Street address

Islamic Azad University of Birjand, Ghaffari St.,

City

Birjand,

Postal code

Phone

+98 56 3244 0000

Fax

Email

Negar.bagherzadeh_64@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr Aliakbar Ismaeili

Position

Associate Professor

Other areas of specialty/work

Street address

Faculty of Medicine, Birjand University of Medical
Sciences, Ghaffari St.,

City

Birjand,

Postal code

Phone

+98 56 3238 1200

Fax

Email

esmaeili67@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Mohammad Bagher Roozgar

Position

PhD Candidate in Translation Studies

Other areas of specialty/work

Street address

Vice-chancellery of Education, Birjand University of
Medical Sciences, Ghaffari St.,

City

Birjand,

Postal code

Phone

+98 56 3239 5680

Fax

Email

hadirooz@gmail.com

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