

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effectiveness of acceptance and commitment therapy on body dissatisfaction: obsessions-compulsions and fear of negative evaluation in girl adolescents with body dysmorphic disorder

Protocol summary

Summary

The purpose of this study was to examine effectiveness of acceptance and commitment therapy on body dissatisfaction: obsessions-compulsions and fear of negative evaluation in highschool girls adolescents with body dysmorphic disorder. The present study was administered with a experimental design with pre-test, post-test and control group. Statistical society included all of highschool girls students with body dysmorphic disorder of Najafabad city that among them 30 persons selected by random multistage sampling and divided to one experimental (N=15) and one control (N=15) group. 8 session (each of them was 1.5 hours) performed for experimental group while control group received no intervention. Structured Clinical Interview for DSM IV (SCID-I), body dissatisfaction questionnaire, and fear of negative evaluation questionnaire used as the instruments of the study in pre-test and post test stages for two groups. The criteria for inclusion were body dysmorphic disorder diagnosis as the main diagnosis, lack of comorbidity with other psychological disorders, age range of 14-17 years, and studying in a high-school. The criteria for exclusion from the present research were beginning medical treatment, being absent for three sessions, and not following group rules.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015101324521N1**
Registration date: **2015-11-16, 1394/08/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-11-16, 1394/08/25

Registrant information

Name

Azam Habibollahi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology, Azad University, Najaf Abad

Expected recruitment start date

2014-01-10, 1392/10/20

Expected recruitment end date

2014-04-19, 1393/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of acceptance and commitment therapy on body dissatisfaction: obsessions-compulsions and fear of negative evaluation in girl adolescents with body dysmorphic disorder

Public title

The effectiveness of acceptance and commitment therapy(ACT) on body dysmorphic disorder

Purpose

Treatment

Inclusion/Exclusion criteria

The criteria for inclusion were body dysmorphic disorder diagnosis as the main diagnosis, lack of comorbidity with other psychological disorders, age range of 14-17 years, and studying in a high-school. The criteria for exclusion from the present research were beginning medical treatment, being absent for three sessions, and not following group rules.

Age

From **14 years** old to **17 years** old

Gender

Female

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)**

Not 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 Islamic Azad University,
Najafabad

Street address

Pouryaye Vali Blvd, Islamic Azad University,
Najafabad

City

Najafabad

Postal code**Approval date**

2014-03-11, 1392/12/20

Ethics committee reference number

15020701922003

Health conditions studied**1****Description of health condition studied**

body dysmorphic disorder

ICD-10 code

F45.2

ICD-10 code description

Hypochondriacal disorder

Primary outcomes**1****Description**

body dissatisfaction

Timepoint

Before intervention-After intervention

Method of measurement

Body Image Concern Inventory

2**Description**

obsessions-compulsions

Timepoint

Before intervention-After intervention

Method of measurement

Yale-Brown obsessive compulsive scale for BDD

3**Description**

fear of negative evaluation

Timepoint

Before intervention-After intervention

Method of measurement

Brief Fear of Negative Evaluation Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Acceptance and commitment therapy is among therapies of the third wave of behavior therapies and was introduced in early 1980s by Hayes and his colleagues. Then acceptance and commitment therapy intervention sessions were undertaken in the form of eight weekly group sessions, one hour and a half each, for the experimental group. Based on acceptance and commitment therapy sessions are, First Session: introducing fundamentals of therapy. second session: creative helplessness. Third session: control is the question. fourth Session: acceptance as a substitute for avoidance. Fifth session: defusion. Sixth Session: self as context and being present. Seventh session: values. Eighth session: commitment to action

Category

Behavior

2

Description

The control group received no intervention

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahidan kamali High School

Full name of responsible person

Azam Habibollahi

Street address

Yazdanshahr, Najafabad, Esfahan

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Yazdanshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology, Azad University of Najaf Abad

Full name of responsible person

Dr Reza Ebrahimi

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Pouryaye Vali Blvd, Azad University of Najafabad, Najafabad

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Najafabad

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 and Technology, Azad University of Najaf Abad

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

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Full name of responsible person

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Position

Master of Science

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