

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS of Kermanshah

Protocol summary

Summary

1. Objectives: To assess the effectiveness of Acceptance and commitment therapy based on well-being and psychological adjustment of patients with multiple sclerosis. 2. Design: This study is experimental with pre and post-test and follow-up, study is not blind. 3. Setting and conduct: The study population All women with MS referred to the MS Society is the city of Kermanshah, of which 30 samples randomly into two groups (n = 15) and control (15) are randomly assigned. 4. Participants including major eligibility criteria: Inclusion criteria: patients with MS being; woman; having a higher education cycle Exclusion criteria: having a physical illness and other mental disorders; being illiterate 5. Intervention: experimental group received 8 sessions of treatment are based on commitment and acceptance, but the control group did not receive psychological services. 6. main outcome measures (variables): : the promotion of psychological well-being and psychological adjustment in patients with MS is that the questionnaire California Psychological well-being and psychological adjustment can be calibrated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020625433N2**
Registration date: **2016-03-09, 1394/12/19**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-09, 1394/12/19

Registrant information

Name

Fatemeh Dehghan

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

University of Medical Sciences Kermanshah, Vice chancellor for research

Expected recruitment start date

2016-05-31, 1395/03/11

Expected recruitment end date

2016-06-20, 1395/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS of Kermanshah

Public title

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS

Purpose

Treatment

Inclusion/Exclusion criteria

Entry conditions: patients with multiple sclerosis; female; cycle of higher education Exclusion criteria: physical illness; other mental disorders; illiteracy.

Age

From **95 years** old to **70 years** old

Gender

Female

Phase

2-3

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

University of Medical Sciences Kermanshah, Ethics Committee

Street address

Building No. 2, Kermanshah University of Medical Sciences, Iran martyr Beheshti, Kermanshah

City

Kermanshah

Postal code

6715847141

Approval date

2016-02-03, 1394/11/14

Ethics committee reference number

kums.rec.1394.327

Health conditions studied

1

Description of health condition studied

MS

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Psychological Well-Being

Timepoint

A month before the intervention, after the intervention, six months after the intervention

Method of measurement

Psychological well-being questionnaire

2

Description

adjustment psychological

Timepoint

A month before the intervention, after the intervention, six months after the intervention

Method of measurement

California adjustment psychological

Secondary outcomes

empty

Intervention groups

1

Description

examination group: treatment based on commitment and acceptance during the eight 90-minute sessions for two months

Category

Behavior

2

Description

Control group: Other therapeutic interventions except for psychological intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

MS Society Farabi Hospital in Kermanshah

Full name of responsible person

Masoud Moradi

Street address

Farabi Hospital, Dolat Abad road, Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Medical Sciences Kermanshah, Vice
chancellor for research

Full name of responsible person

Kyrus Hamzehee

Street address

Building No. 2, Kermanshah University of Medical
Sciences, Iran martyr Beheshti, Kermanshah

City

Kermanshah

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

University of Medical Sciences Kermanshah, Vice
chancellor for research

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**

Kermanshah University of Medical Sciences

Full name of responsible person

Fatemeh Dehghan

Position

Researcher

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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