

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of group therapy on the quality of life and mental welfare based on the acceptance and commitment in kidney patients

Protocol summary

Summary

Objective: The effectiveness of group therapy on the quality of life and mental welfare based on the acceptance and commitment in kidney patients. Study design: Randomized, convenience sampling, with the controlled group and without placebo, single-center. Study population: All kidney diseases patients referred to Kowsar hospital in Semnan city. Inclusion criteria: At least 18 years; at least diploma in education. Exclusion criteria: cognitive problems, psychotic disorders. Sample size, intervention, time of intervention, outcomes studied: 30 cases of kidney disease patients referred to hospital Kowsar that their sampling process is performed by convenience sampling from April to June 2016 are selected and randomly divided into two group of intervention (n=15) and control (n=15) groups. Intervention group: Therapy sessions are done based on acceptance and commitment Hayes and Strosahl and Wilson books (every week one 90-minute session - 8 sessions during 2 months) according to the protocol. Control group: in control group, no intervention is performed on them and it is used only to compare the results with the intervention group. Before and after the intervention, quality of life in kidney disease patients is evaluated using questionnaire (KDQOL-SF).

General information

Acronym

Acceptance and Commitment Therapy (ACT)

IRCT registration information

IRCT registration number: **IRCT2017012725732N12**

Registration date: **2017-06-20, 1396/03/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-20, 1396/03/30

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University

Expected recruitment start date

2016-04-12, 1395/01/24

Expected recruitment end date

2016-06-13, 1395/03/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group therapy on the quality of life and mental welfare based on the acceptance and commitment in kidney patients

Public title

The effectiveness of group therapy on the quality of life and mental welfare based on the acceptance and commitment in kidney patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: At least 18 years; at least diploma in education. Exclusion criteria: cognitive problems; psychotic disorders.

Age

From **18 years** old

Gender

Both

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, Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Postal code

3514799442

Approval date

2016-04-12, 1395/01/24

Ethics committee reference number

IR.SEMUMS.REC.1395.6

Health conditions studied

1

Description of health condition studied

Chronic kidney disease

ICD-10 code

N18

ICD-10 code description

Chronic kidney disease

Primary outcomes

1

Description

Quality of Life

Timepoint

Baseline and end of study

Method of measurement

Kidney patients' quality of life questionnaire (KDQOL-SF)

2

Description

Anxiety

Timepoint

Baseline and end of study

Method of measurement

Kidney patients' quality of life questionnaire (KDQOL-SF)

Secondary outcomes

empty

Intervention groups

1

Description

Control group: in control group, no intervention is performed on them and it is used only to compare the results with the intervention group.

Category

Behavior

2

Description

Intervention group: Therapy sessions are done based on acceptance and commitment Hayes and Strosahl and Wilson books (every week one 90-minute session - 8 sessions during 2 months) according to the protocol.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar Hospital, Semnan University of Medical Sciences

Full name of responsible person

Parvin Rafienia

Street address

Kosar Hospital, Street Amin, Semnan

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University, Vice Chancellor for Research and Technology

Full name of responsible person

Ali Haghighi Asl

Street address

Semnan University, Damghan 5 km Road, Semnan

City

Semnan

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

Yes

Title of funding source

Semnan University, Vice Chancellor for Research and Technology

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**

Semnan University

Full name of responsible person

Parvin Rafienia

Position

Ph.D. in Psychology

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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