

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The efficacy of adherence treatment and commitment to fear from a recurrence of cancer and post-traumatic growth in patients with breast cancer.

Protocol summary

Summary

Objective: The effectiveness of acceptance and commitment therapy base on fear from recurrence of cancer and posttraumatic growth in patients with breast cancer. Study design: Random (random numbers schedule), without placebo control, single central. Experimental population: 20 patients with breast cancer who referred to relief Society for cancer patients Koomesh Semnan. Inclusion criteria: Cancer detection by oncologist; at least education to middle school. Exclusion criteria: Patients who have concurrent medical disorders; patients are undergoing another psychotherapy at the same time; patients who have severe disease or another cancer. Sample size, intervention, intervention time and outcome of study: Sample size of this study is 20 persons will be divided into intervention and control groups. Intervention group: Treatment sessions based on Acceptance and Commitment Therapy book of Hayes, Strosahl, & Wilson will be performed according to the protocol (1 session per week, each session about 90 minutes – 8 sessions during 2 months). Measurements will be performed again in three times: the middle of treatment, the end of treatment and once in two months after the end of treatment. Control group: In the control group (10 persons) will not performed any intervention just the results compared with experimental group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017062225732N19**

Registration date: **2017-07-02, 1396/04/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-02, 1396/04/11

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 of Medical Sciences

Expected recruitment start date

2016-04-18, 1395/01/30

Expected recruitment end date

2016-06-19, 1395/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of adherence treatment and commitment to fear from a recurrence of cancer and post-traumatic growth in patients with breast cancer.

Public title

The efficacy of adherence treatment and commitment to fear from a recurrence of cancer and post-traumatic growth in patients with breast cancer.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Cancer detection by oncologist; at least education to middle school. Exclusion criteria: Patients who have concurrent medical disorders; patients are undergoing another psychotherapy at the same time; patients who have severe disease or another cancer.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

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

2017-02-28, 1395/12/10

Ethics committee reference number

IR.SEMUMS.REC.1395.234

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

breast cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

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

Fear of cancer recurrence

Timepoint

The middle of treatment, after treatment and two months after the end of treatment

Method of measurement

Questionnaire fear of cancer recurrence

Secondary outcomes

empty

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

Control group: In the control group (10 persons) will not performed any intervention just the results compared with experimental group.

Category

Behavior

2**Description**

Intervention group: Treatment sessions based on Acceptance and Commitment Therapy book of Hayes, Strosahl, & Wilson will be performed according to the protocol (1 session per week, each session about 90 minutes – 8 sessions during 2 months). Measurements will be performed again in three times: the middle of treatment, the end of treatment and once in two months after the end of treatment.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Relief Society for Cancer Patients Koomesh Semnan

Full name of responsible person

Eshagh Rahimian

Street address

17 Shahrivar Blvd, Semnan

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences, Deputy of
Research and Technology

Full name of responsible person

Mohammadreza Asgari

Street address

Semnan University of Medical Sciences, Deputy of
Research and Technology, Basij Blvd, 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 of Medical Sciences, Deputy of
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

Eshagh Rahimian

Position

PhD in Psychology

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