Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparison of the Effectiveness of Acceptance and Commitment Therapy (ACT) with Cognitive-Behavioral Therapy (CBT) in Improving Psychological Symptoms in Multiple Sclerosis Patients

Protocol summary

Summary

Abstract Present research attributions mapped at the comparative scrutiny of Acceptance and Commitment Therapy (ACT) and Cognitive Behavior Therapy (CBT) impacts on psychological symptoms (tiredness, anxiety, stress and depression), resiliency and life quality amongst the Multiple Sclerosis (MS) patients. Present study counted as a clinical trials or treatment trials with pretest, post test and also 1.5 and 3 months two phase follow up that for sample selection population after the list preparation of an outpatient clinic of Baqiyatallah hospital visitors and call on them, 66 persons who were interested in therapy selected via convenience sampling method and randomly put in order as three groups (22 patients in ACT group, 22 patients in CBT group and 22 patients in control group). The input criteria such as; 20-40 years old-rage, ability of orderly participation in therapy sessions and conscious satisfaction of participation in research plan. And output criteria similar to; having serious signs of MS, affliction to or suffering from extreme or serious physical or mental disease and not intend to participation in therapy process. Not only in order to present study attributions; the first experimental group received 90 minutes Acceptance and Commitment Therapy per 8 sessions and the second one; received 90 minutes Cognitive Behavior Therapy per 10 sessions, but also there was no intervention about control group. Variables of primary consequence; tiredness, anxiety, stress and depression and Variables of secondary or afterthought consequence; resiliency and life quality.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112631115N1**
Registration date: **2017-09-13, 1396/06/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-09-13, 1396/06/22

Registrant information

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Name of organization / entity

Baqiyatallah University of Medical Science

Country

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Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Science

Expected recruitment start date

2016-12-20, 1395/09/30

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effectiveness of Acceptance and Commitment Therapy (ACT) with Cognitive-Behavioral Therapy (CBT) in Improving Psychological Symptoms in

Multiple Sclerosis Patients

Public title
The Effectiveness of Psychological Therapy on Improving Psychological Symptoms in Patients with Multiple Sclerosis
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: 1-20-40 years old-rage 2-Ability of orderly participation in therapy sessions 3-Conscious satisfaction of participation in research plan 1-Having serious signs of MS 2-Affliction to or suffering from extreme or serious physical or mental disease 3-Not intend to participation in therapy process
Age
From **20 years** old to **40 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **66**
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 Baqiatallah University of Medical Sciences
Street address
Baqiyatallah University of Medical Science, Molla Sadra Avenue, Vanak Squre, Tehran, Iran
City
Tehran
Postal code
7485114591
Approval date
2017-03-17, 1395/12/27
Ethics committee reference number
IR.BMSU.REC.1395.308

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description

2

Description of health condition studied
Fatigue
ICD-10 code
R53
ICD-10 code description
General physical deterioration, Lethargy, Tiredness

3

Description of health condition studied
Depression
ICD-10 code
F32.0
ICD-10 code description
Two or three of the above symptoms are usually present. The patient is usually distressed by these but will probably be able to continue with most activities.

4

Description of health condition studied
Stress
ICD-10 code
F43.0
ICD-10 code description
A transient disorder that develops in an individual without any other apparent mental disorder in response to exceptional physical and mental stress and that usually subsides within hours or days. Individual vulnerability and coping capacity play a role i

5

Description of health condition studied
Anxiety
ICD-10 code
F41.1
ICD-10 code description
Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is

Primary outcomes

1

Description
Fatigue
Timepoint
Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the

intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

Based on Fatigue in M.S patient Questionnaire

2

Description

Depresiion

Timepoint

Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

Depression, Anxiety & Stress Scale(DASS)

3

Description

Anxiety

Timepoint

Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

Depression, Anxiety & Stress Scale(DASS)

4

Description

Stress

Timepoint

Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

Depression, Anxiety & Stress Scale(DASS)

Secondary outcomes

1

Description

Resilience

Timepoint

Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

Connor- Davidson Resilience Scale

2

Description

Quality of Life

Timepoint

Before the intervention (pre-test), immediately after the intervention (post-test), after one month and half of the intervention (follow-up 1), after three month of the intervention(follow-up 2)

Method of measurement

M.s Quality of Life scale

Intervention groups

1

Description

Acceptance & Commitment Therapy(ACT)

Category

Behavior

2

Description

Cognitive-Behavior Therapy(CBT)

Category

Behavior

3

Description

No intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic of Baqiyatallah University of Medical Sciences

Full name of responsible person

Dr Gholamhosain Alishiri

Street address

Baqiyatallah University of Medical Science, Molla Sadra Avenue, Vanak Squre, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Baqiatallah University of Medical Sciences

Full name of responsible person

Dr Gholamhosain Alishiri

Street address

Baqiatallah University of Medical Science, Molla Sadra Avenue, Vanak Squre, Tehran, Iran

City

Tehran

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 of Baqiatallah 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
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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