

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Effectiveness Of Group Training Techniques Acceptance And Commitment Therapy (ACT) On Depressive Symptoms, Quality Of Life And Psychological Flexibility Soldiers

Protocol summary

Summary

1-Objectives: To study the effectiveness of the Acceptance and Commitment Therapy (ACT) techniques in lessening draftees' depression and honing their quality of life and psychological resilience. 2-Design: The present study, as a two-month follow-up with two experimental groups and waiting lists, was a randomized controlled clinical trial with pre and post-test execution modes. 3-Methodology: The Beck Depression Inventory (BDI) was administered to 419 draftees, and 124 draftees received scores higher than the cut-off point (14 and above). In addition, 11 draftees were excluded from the study due to the lack of inclusion criteria. Also, of the remaining 113 draftees, 40 of them were randomly selected and assigned to two groups (n=20) and waiting list (n=20). 4-Participants: draftees suffering from the symptoms of depression. 5-interventions: To this end, six sessions of the Acceptance and Commitment Therapy (ACT) techniques were administered to the draftees (one personal session and five group sessions). 6-The main outcome variables: symptoms of depression, psychological resilience, quality of life 6-main outcome measures (variables): symptoms of depression, psychological resilience, quality of life

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112731138N1**
Registration date: **2017-02-15, 1395/11/27**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-15, 1395/11/27

Registrant information

Name

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Name of organization / entity

AJA Medical University

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor For Research, Aja University Of Medical Sciences

Expected recruitment start date

2015-04-09, 1394/01/20

Expected recruitment end date

2015-05-18, 1394/02/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness Of Group Training Techniques Acceptance And Commitment Therapy (ACT) On Depressive Symptoms, Quality Of Life And Psychological Flexibility Soldiers

Public title

Acceptance And Commitment Therapy Effectiveness Of On Depression, Quality Of Life And Psychological Flexibility Soldiers

Purpose

Treatment

Inclusion/Exclusion criteria

The Inclusion Criteria: To be in the 18-25 age range: a minimum education of 7th grade and a maximum of 12th grade: physical ability to participate in the study: receiving a score higher than the cut-off point (14 and above) on the Beck Depression Inventory (BDI). The Exclusion Criteria: The draftees who were seeking conscription medical exemptions: those who were on the transfer list: those who had three months left from their military service: those who were addicted to narcotics: those who were on medication or psychological treatment (the last item was determined through interviews and checking the medical records of draftees in the battalion).

Age

From **18 years** old to **25 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

2

Registry name

-

Secondary trial Id

-

Registration date

empty

3

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Medical University AJA Ethics Committee

Street address

Street Etemadzadeh, Fatemi Street, Tehran

City

Tehran

Postal code

Approval date

2015-03-16, 1393/12/25

Ethics committee reference number

IR.AJAUMS.REC.1395.25

Health conditions studied

1

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.

Primary outcomes

1

Description

Symptoms Of Depression

Timepoint

A week prior to the intervention, after the last session of the intervention (45 days after the first session), two months after the last session

Method of measurement

21-Question Beck Depression Inventory Form

Secondary outcomes

1

Description

Psychological Flexibility

Timepoint

A week prior to the intervention, after the last session of the intervention (45 days after the first session), two months after the last session

Method of measurement

The Second Version Of The Questionnaire Of 10 Questions, Accepting External Action

2

Description

Quality Of Life

Timepoint

A week prior to the intervention, after the last session of the intervention (45 days after the first session), two months after the last session

Method of measurement

36-Item Quality Of Life Questionnaire (SF-36)

Intervention groups

1

Description

Acceptance and Commitment Therapy is a mental therapeutics third wave of cognitive-behavioral therapy in individual and group meetings and number of meetings held with a range of 4 to 12 sessions. Given that our soldiers environments with patients with mental disorders face and being outdoors widely according to the mission and specific circumstances of the individual is prone to psychological disorders, In this environment the use of training group psychotherapy can be effective in terms of time and cost. In this study experimental groups of 6 training sessions per protocol Acceptance and Commitment Therapy techniques, just a week sessions (total 45 days), the first session (individual and 30-60 minutes), 5 the next meeting (group and 60-120 minutes) run respectively. Therapist and clinical supervisor in the workshop under the supervision of the treatment period has passed.

Category

Prevention

2

Description

By the end of the two-month follow-up, no intervention was administered to the waiting list. After the two-month follow-up period, six sessions of the Acceptance and Commitment Therapy (ACT) techniques were administered to the waiting list for observing the ethical issues.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical University Aja

Full name of responsible person

Doctor Pervez Dabbaghi

Street address

Department Of Psychology, Medical School Medical University AJA, Etemadzadeh street, Fatemi Avenue, Tehran.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor For Research, Aja University Of Medical Sciences

Full name of responsible person

Doctor Kamran Azma

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Tehran

Grant name

111230

Grant code / Reference number

1103001001/2184

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor For Research, Aja 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

Name of organization / entity

Baqiyatallah University Of Medical Sciences

Full name of responsible person

Doctor Behnaz Dowran

Position

PhD In Psychology

Other areas of specialty/work

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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