

# 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

HamidReza Shekari

##### Name of organization / entity

AJA Medical University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 83 3838 3215

##### Email address

hamidreza.shekari35@gmail.com

#### 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**

Tehran

## **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

##### **Street address**

Vice Chancellor For Research And Technology, Etemadzadeh Street, Fatemi Av, Tehran.

##### **City**

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##### **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

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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*