Clinical Trial Protocol
Iranian Registry of Clinical Trials

03 Nov 2026

Effect of acceptance and commitment-based education on family expressed emotion of patients with bipolar disorder

Protocol summary

Summary

Background and objectives:Expressed emotion is one of the main factors to relapse in psychiatric disorders .Expressed emotion is critical, hostile and emotionally over-involved attitude that relatives have toward a family member with a disorder. The aim of this experimental study is the effect of education of acceptance and commitment on expressed emotion in families of patients with bipolar disorder. Materials and Methods: This quasi-experimental study is done on family of patients with bipolar disorder in kargarnejad hospital of Kashan.Initially after describing the objectives of the study for selected people by purposive sampling method(n=40),is assessed the level of their expressed emotion with expressed emotion questionnaire, then training program of acceptance and commitment is conducted to ten sessions for them.Again is evaluated their level of expressed emotion after 3 months and results will be compared with baseline scores.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010331740N1**
Registration date: **2017-03-11, 1395/12/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-03-11, 1395/12/21

Registrant information

Name

Rezvan Saei

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2017-01-21, 1395/11/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of acceptance and commitment-based education on family expressed emotion of patients with bipolar disorder

Public title

Effect of acceptance and commitment- based education on the expressed emotion

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:Care history of patients with chronic bipolar disorder(type I and II) at least 2 years; secondary educations and higher; lack of any history of acute mental disorders. Exclusion criteria: Severe physical illness؛ mental retardation and cognitive problems; absence of more than two intervention sessions.

Age

From **25 years** old to **45 years** old

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Kharazmi University of Tehran
Street address
No.49, Mofateh Ave, Tehran.
City
Tehran
Postal code
15719-14911
Approval date
2014-12-07, 1393/09/16
Ethics committee reference number
8341

Health conditions studied

1

Description of health condition studied
Bipolar Disorder
ICD-10 code
F31
ICD-10 code description
Bipolar Disorder

Primary outcomes

1

Description
Expressed Emotion
Timepoint
Before of intervention, 3 months after of intervention
Method of measurement
Expressed Emotion Scale

Secondary outcomes

empty

Intervention groups

1

Description
Acceptance and Commitment Therapy for ten sessions.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Karegarnejad Psychiatric Hospital
Full name of responsible person
Seyyed Ali Sazvar
Street address
Karegarnejad Psychiatric Hospital, Kashan University of Medical Sciences, Ravand 5km road,
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kharazmi University of Tehran
Full name of responsible person
Saeid Zarghami
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Vice Chancellor for Research and Technology, Administration Building of University, Khaghani Street. Enghelab Avenue,Tehran.
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Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kharazmi University of Tehran
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

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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