

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Sep 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)

##### Phone

+98 31 5554 9111

##### Email address

rezvan.saei@gmail.com

##### 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**

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Kharazmi University of Tehran

**Full name of responsible person**

Saeid Zarghami

**Street address**

Vice Chancellor for Research and Technology, Administration Building of University, Khaghani Street. Enghelab Avenue, Tehran.

**City**

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

### Contact

**Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Seyyed Ali Sazvar

**Position**

Master of Science in Clinical Psychology

**Other areas of specialty/work**

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## Person responsible for updating data

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## Person responsible for scientific inquiries

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Master of Science in Clinical Psychology.

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**Phone**

## 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*