

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effectiveness of acceptance and commitment therapy on self-esteem and self-efficacy women with Breast cancer

Protocol summary

Summary

The purpose of this study is the effectiveness of acceptance and commitment therapy (ACT) on self-esteem and self-efficacy women with breast cancer. Breast cancer women referred to Sari Emam hospital cancer center are the population of the study in this randomized control trial. The sample of the study are 30 women with eligibility criteria. Participants randomly four block assign into control and experimental groups (15 people in each group). Inclusion criteria: women 30-50 years old; chemotherapy treatment; literacy reading and writing. Exclusion criteria: do not participate in a maximum of one session and desire to exit from the study. The experimental group receives ACT for 8 sessions for 90 minutes once a week and individuals in control group did not receive any intervention. All participants will complete self-esteem inventory and cancer Behavior inventory (CBI) before the intervention, immediately after the intervention and one month after the intervention completion.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017062834802N1**

Registration date: **2017-09-06, 1396/06/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-06, 1396/06/15

Registrant information

Name

Masomeh Daneshvar

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 4208 0939

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of acceptance and commitment therapy on self-esteem and self-efficacy women with Breast cancer

Public title

The effect of counseling on self-esteem and self-efficacy women with Breast cancer

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: women 30-50 years old; chemotherapy treatment; literacy reading and writing. Exclusion criteria: do not participate in a maximum of one sessions and desire to exit from the study.

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Block Randomization

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Arak University of Medical Sciences

Street address

Vice chancellor Research, Payambar Azam Complex,
Basij square, sardasth

City

Arak

Postal code

3848176941

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.ARAKMU.REC.1396.35

Health conditions studied**1****Description of health condition studied**

Breast Cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes**1****Description**

Self-esteem

Timepoint

Before the intervention.immediately after
intervention.one month after intervention completion

Method of measurement

Self-esteem inventory

Secondary outcomes**1****Description**

Self-efficacy

Timepoint

Before the intervention.immediately after
intervention.one month after intervention completion

Method of measurement

Cancer behavior inventory

Intervention groups**1****Description**

Control group: no action

Category

N/A

2**Description**

Intervention group: experimental group receive
acceptance and commitment therapy (ACT) In 90
minutes once a week for a total of eight sessions

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Sari Emam hospital, Cancer center

Full name of responsible person

Masomeh Daneshvar

Street address

Sari Emam hospital

City

Sari

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

Vice chancellor for research, Arak University of
Medical Sciences

Full name of responsible person

Dr. Mohammad Rafiee

Street address

Arak University of Medical Sciences, Payambar Azam complex, Basij square, Sardasht

City

Arak

Grant name

8310000

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Arak 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**

Arak University of Medical Sciences

Full name of responsible person

Masomeh Daneshvar

Position

MSc Student in consultation midwifery

Other areas of specialty/work**Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Dr. Kattayon Vakilian

Position

PhD in reproductive Health and faculty member

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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