

# 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

m.daneshvar@arakmu.ac.ir

###### 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**

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**Position**

MSc Student in consultation midwifery

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**Full name of responsible person**

Dr. Kattayon Vakilian

**Position**

PhD in reproductive Health and faculty member

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**Position**

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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*