

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Comparison effectiveness of acceptance and commitment therapy (ACT) and drug therapy on improving patients with major depression

Protocol summary

Summary

Introduction: In addition to traditional methods of drug therapy, a lot of discussion has been done recently about the third wave of cognitive and behavioral approaches for treating depression. Therefore this study was done aimed to compare effectiveness of acceptance and commitment therapy and drug therapy on improving patients with major depression. Methods: Design of this study was semi-experimental type as pretest-posttest with two experiment groups and one control group. Statistical population consisted of all patients with major depression treated in of Shahrekord city welfare centers in 2015 year. The sample studied were all 45 people of from patients who were selected through random sampling method and were divided into three groups- under training with acceptance and commitment therapy, drug therapy group and one control group. For collection data was used from Beck Depression Inventory (BDI). Data Analyzing was conducted with covariance and Scheffe post hoc test and SPSS. Results: The mean post-test of the psychotherapy group was 12/40, drug therapy group 23/13 and control group 36/27. The results showed there were significant differences between experiment groups of acceptance and commitment therapy and drug therapy and control group ($F= 110/33$, $p<0/001$) and acceptance and commitment therapy and drug therapy have significant effect in reducing of major depression. Also, the results showed that acceptance and commitment therapy have more effective than drug therapy in reducing depression. Conclusions: According to the findings this study, can suggested acceptance and commitment therapy and drug therapy as an effective way and a useful clinical intervention in improving depression besides drug therapy. Keywords: acceptance and commitment, psychotherapy, drug therapy, depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017070334862N1**

Registration date: **2017-07-19, 1396/04/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-19, 1396/04/28

Registrant information

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Name of organization / entity

Islamic Azad University, Bandar Abbas

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Recruitment status

Recruitment complete

Funding source

research fellow

Expected recruitment start date

2015-03-30, 1394/01/10

Expected recruitment end date

2015-04-13, 1394/01/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison effectiveness of acceptance and commitment therapy (ACT) and drug therapy on improving patients with major depression

Public title

Comparison effectiveness of acceptance and commitment therapy (ACT) and drug therapy on depression

Purpose

Treatment

Inclusion/Exclusion criteria

(1) Aims: The aim of this study was to compare the efficacy of group therapy based on admission and commitment and drug therapy on the improvement of patients with major depression. (2) Design: The research design was semi-experimental and pre-test-posttest with two experimental groups and one control group. (3) How to do it (3) Setting and conduct (4) Participants: The statistical population of the study included all patients with major depressive disorder in Shahrekord's well-being care centers in 1994. The study sample consisted of 45 patients who were selected by convenience sampling and randomly assigned to two experimental groups with acceptance and commitment and drug therapy and one control group. Beck Depression Scale (BDI) and Coopersmith's Self-Esteem Questionnaire were used for data collection in pre-test and post-test. Data were analyzed by analysis of univariate covariance and Scheffe post hoc test and SPSS software. (5) interventions: group therapy based on acceptance and commitment and medication (6) Main outcome variables: Signs of major depression, self-esteem

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

The study sample consisted of 45 patients who were selected by convenience sampling and randomly assigned to two experimental groups with acceptance and commitment and drug therapy and one control group.

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Bandar Abbas Azad University

Street address

Bandar Abbas Crossroads Paladin Campus-Blvd
Campus-Islamic Azad University Bandar Abbas

City

Bandar Abbas

Postal code

Approval date

2014-01-12, 1392/10/22

Ethics committee reference number

73/397158

Health conditions studied

1

Description of health condition studied

Major depressive disorder

ICD-10 code

F32.2

ICD-10 code description

Severe depressive episode without psychotic symptoms

Primary outcomes

1

Description

Symptoms of depression

Timepoint

Pre-test and post-test intervals of one month

Method of measurement

The Beck Depression Scale (BDI) was used to collect data. Data were analyzed by analysis of univariate covariance and Scheffe post hoc test and SPSS software.

Secondary outcomes

1

Description

Self-esteem

Timepoint

Pre-test and post-test intervals of one month

Method of measurement

The score is the score that the subjects earned in the Cooper Smith self-esteem questionnaire. Data were analyzed by analyzing univariate covariance and Scheffe post hoc test and SPSS software.

Intervention groups

1

Description

Acceptance and Commitment Group Therapy: In this research, the Acceptance and Commitment-based Treatment Group (ACT) is an 8-session intervention program (90 minutes each week), in which the members of the group gather together, And with the help of the group leader, they will discuss issues related to the acceptance of emotions, achievement of goals, impulse control, awareness raising, access to emotional regulation strategies, and clarification and clarification of problems, and carry out related assignments.

Category

Treatment - Other

2

Description

Medication Constant dose intake of antidepressants including triple tyline (alivyl), trimimipramine (surmontelium) and alprazolam was monitored and administered by a psychiatrist by psychiatric and psychiatric patients who were diagnosed with major depressive disorder (MDD) Theoretical definition: The approach to drug therapy for mood disorders has transformed their treatment and reduced its inherent costs for the community. Antidepressants are increasingly prescribed to treat depression disorders. Among the most important of these are monoamine oxidase inhibitors, tri-drug drugs, serotonin reuptake inhibitors Operational Definition: A constant dose of antidepressants including triple tyline (alavil), trimimperamine (surmontelyl), and alprazolam were monitored and administered by a psychiatrist by psychiatric and psychiatric patients who were under the Major Depression Scale (MDD) under the well-being of Shahrekord.

Category

Treatment - Drugs

3

Description

The control group did not receive any kind of treatment, but the control group was told that after the research they could attend admissions and admission treatment sessions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Welfare Organization of Shahrekord City

Full name of responsible person

Firuze maleki

Street address

Shahr-e-Kord: Northern Hafez Street above the post office of the 437th post office

City

Shahr-e-Kord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research of Bandar Abbas Azad University

Full name of responsible person

Kobra Haji Alizadeh

Street address

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Campus-Islamic Azad University Bandar Abbas

City

Bandar Abbas

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Deputy of Research of Bandar Abbas Azad University

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

Bandar Abbas Azad University

Full name of responsible person

Rasoul Alipour

Position

MA

Other areas of specialty/work

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Shahr-e-Kord - The western nation originates 16 meters second to the glass of Berri Bahramian

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Contact

Name of organization / entity

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rasul69.a@gmail.com
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