

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Effectiveness of Acceptance and Commitment (ACT) group counseling on social anxiety among seventh grade female students of high school-first period

Protocol summary

Summary

Social Anxiety, as one of the most common disorders in the adolescence period, is usually expressed in the ages of the adolescents' peak of independence development and the emphasis on its treatment for the purpose of reducing the interpersonal and communication problems as well as augmenting maturity age health is of a great importance. Therefore, the current research paper aims at determining the effect of acceptance- and commitment- based group counseling on the girl students experiencing the first run of seven grade high school in the city of Bam in 2016. In line with this, 100 girl students who passed the study inclusion criteria were randomly selected as the study sample volume and they were assigned to two intervention and control groups. The study inclusion criteria were acquiring a score equal to 40 or higher in social anxiety questionnaire designed by Connor et al and the study exclusion criteria were receiving medication for psychological disorders, having physical diseases, participation in other treatment sessions simultaneously held with the present study's counseling sessions and an absence for more than two sessions. Firstly, both of the groups were exposed to pretests for the running of which the social anxiety questionnaire by Connor et al (2000) was utilized and then the intervention group underwent counseling based on acceptance and commitment for eight 45-minute sessions, held twice a week since 20th of February, 2016, till 20th of March, 2016; whereas, the control group did not receive any intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017071735152N1**
Registration date: **2017-10-21, 1396/07/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-21, 1396/07/29

Registrant information

Name

naghmeh afsharmanesh

Name of organization / entity

Kerman Univesity of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 4423 3138

Email address

f.afsharmanesh@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Kerman University of Medical Sciences

Expected recruitment start date

2017-01-29, 1395/11/10

Expected recruitment end date

2017-02-08, 1395/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Acceptance and Commitment (ACT) group counseling on social anxiety among seventh grade female students of high school-first period

Public title

Effectiveness of group counseling in students' social anxiety

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Forty or higher score from social anxiety questionnaire Exclusion criteria: using medication related to a mental health disorder; suffering from a chronic physical disease; attending other therapy sessions simultaneously; absence more than two sessions

Age

From **12 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kerman University of Medical Sciences

Street address

Haft, Bagh Alavi, Faculty of Nursing and Midwifery
Razi

City

Kerman

Postal code

Approval date

2017-01-25, 1395/11/06

Ethics committee reference number

IR.KMU.REC.1395.633

Health conditions studied

1

Description of health condition studied

social anxiety

ICD-10 code

V , F40-F

ICD-10 code description

Mental and behavioural disorders; Neurotic, stress-related and somatoform disorders; Social phobias

Primary outcomes

1

Description

Social anxiety

Timepoint

Before intervention, end of intervention

Method of measurement

Connor social anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

intervention: Acceptance and Commitment (ACT) group counseling , 8sessions, 45minute, twice in week

Category

Other

2

Description

control: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Najmieh high school

Full name of responsible person

Asma Hakimnia

Street address

Beheshti street

City

Bam

2

Recruitment center

Name of recruitment center

Omalbanin high school

Full name of responsible person

Nahid Rostamabadi

Street address

Hasheminejad street

City
Bam

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kerman Univesity of Medical Sciences
Full name of responsible person
Soltanahmadi, Jila
Street address
Haft,Bagh Alavi
City
Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman Univesity of Medical Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity
Kerman Univesity of Medical Sciences
Full name of responsible person
Ahmadi, Atefeh
Street address
Haft,Bagh Alavi
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Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman Univesity of Medical Sciences

Proportion provided by this source

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
Kerman Univesity of Medical Sciences
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Jila Soltanahmadi
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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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