

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Comparison of Effectiveness of Training program based on Acceptance and Commitment Approach (ACT) and Cognitive-Behavioral Training (CBT) program On Improving Motivational Beliefs, Academic Emotions and Future Time Perspective in Students with Academic Self defeating Behaviors

#### Protocol summary

##### Study aim

Comparison of the Effectiveness of Two Educational programs based on Acceptance and Commitment and Cognitive-Behavioral Approach on Motivational Beliefs, Academic Emotions and Time Perspective of students with Self Defeating Behaviors.

##### Design

The statistical population consisted of students of Vali-e-Asr University of Rafsanjan in the academic year of 2016. A sample of 40 students with self-educated behaviors was selected by cluster sampling and randomly divided into two experimental groups (20 subjects ) And control (20 people) were included.

##### Settings and conduct

The experimental group was trained at the university counseling center for a period of 8 weeks and a weekly group meeting. The control group did not receive any training during this period.

##### Participants/Inclusion and exclusion criteria

people of sample have self-educated behaviors and have low academic motivations and negative emotional excitement and disregard for the perspective of the future.

##### Intervention groups

In this study, two types of educational programs based on Acceptance and Commitment Approach and Cognitive Behavioral Approach and each program were taught in 8 sessions of two hours.

##### Main outcome variables

Self-defeating Behaviors, Motivational Beliefs in Student with Self-defeating behaviors, Accademic Emotional in Student with Self-defeating behaviors, Future Time Perspective in Student with Self-defeating behaviors.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20171118037515N1**

Registration date: **2018-01-16, 1396/10/26**

Registration timing: **retrospective**

Last update: **2018-01-16, 1396/10/26**

Update count: **0**

##### Registration date

2018-01-16, 1396/10/26

##### Registrant information

##### Name

somayeh hadadranjbar

##### Name of organization / entity

Allameh tabatabai university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3422 1027

##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

researcher

##### Expected recruitment start date

2016-12-08, 1395/09/18

##### Expected recruitment end date

2017-02-09, 1395/11/21

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

**Scientific title**  
Comparison of Effectiveness of Training program based on Acceptance and Commitment Approach (ACT) and Cognitive-Behavioral Training (CBT) program On Improving Motivational Beliefs, Academic Emotions and Future Time Perspective in Students with Academic Self defeating Behaviors

**Public title**  
Effectiveness of two Training Program on students with academic self defeating behaviors.

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Having academic Self-defeating Behaviors Having a noticable problem on Motivational Beliefs Having negative academic emotions Neglect to future time perspective

**Exclusion criteria:**

Having severe psychological problems

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

Actual sample size reached: **56**

**Randomization (investigator's opinion)**

N/A

**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**

Ethics committee of Rafsanjan University of Medical Sciences

**Street address**

Rafsanjan, Emam Ali Blvd., Central Office of The University of Medical Science.

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**Province**

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**Postal code**

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**Approval date**

2018-01-02, 1396/10/12

**Ethics committee reference number**

IR.RUMS.REC.1396.152

**Health conditions studied**

**1**

**Description of health condition studied**

Behavioral and Emotional disorders: Self-defeating behavior

**ICD-10 code**

F98.9

**ICD-10 code description**

Unspecified behavioral and emotional disorders with onset usually occurring in childhood and adolescence

**Primary outcomes**

**1**

**Description**

Motivational beliefs

**Timepoint**

Pretest, Post test, 3 month Follow up

**Method of measurement**

Motivational Strategies for Learning (MSLQ) for Measurement of Motivational Beliefs

**2**

**Description**

Academic Emotional

**Timepoint**

Pretest, Post test, 3 month Follow up

**Method of measurement**

Pekrun Academic Emotions (AEQ)

**3**

**Description**

Time Perspective

**Timepoint**

Pretest, Post test, 3 month Follow up

**Method of measurement**

Zimbardo Time Perspective Inventory (ZTPI)

**4**

**Description**

Academic Self Defeating Behavior

**Timepoint**

Pretest, Post test, 3 month Follow up

**Method of measurement**

Cunningham Self-defeating Inventory (SDBS)

**Secondary outcomes**

**1**

**Description**

Psychological inflexibility

**Timepoint**

Pretest, Post test , 3 month Follow up

**Method of measurement**

Acceptance And Commitment Questionnaire-2

**Intervention groups**

**1**

**Description**

The intervention group number 1 was student with self-defeating behavior who received Acceptance and Commitment Training. The students were trained for 8 sessions of 2 hours. Each session was followed by a review of the assignment assignments and explanations for each component related to the acceptance and commitment approach, exercises, assignment for the next session, and eventually providing feedback at the end of each session. Each subject performs assignments in the Student Workbook.

**Category**

Behavior

**2**

**Description**

The intervention group number 2 was students with self-defeating behavior who received the cognitive-behavioral training program. The students were trained for 8 sessions of 2 hours. Each session was followed by a review of the assignment, explanations for each component related to the cognitive-behavioral approach, exercises, assignment for the next session, and finally providing feedback at the end of each session. Each subject performs assignments in the Student Workbook.

**Category**

Behavior

**3**

**Description**

Control group: The control group had self-defeating students who did not receive any training.

**Category**

Behavior

**Recruitment centers**

**1**

**Recruitment center**

Name of recruitment center

Valiasr University of Rafsanjan

**Full name of responsible person**

Somayeh Hadadranjbar

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**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Valiasr University of Rafsanjan

**Full name of responsible person**

Deputy Research and Technology: Hossien Mirdehghan

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**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Valiasr University of Rafsanjan

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

Persons

**Person responsible for general inquiries**

**Contact**

Name of organization / entity

Allameh Tabatabaie

**Full name of responsible person**

Somayeh Hadadranjbar

**Position**

Student of PHD Educational Psychology

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Latest degree**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available