

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)

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+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.

City

Rafsanjan

Province

Kerman

Postal code

7717933777

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

Street address

Velayat Bulvar, Valiasr University, Rafsanjan.

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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

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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