Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effectiveness of ACT therapy on quality of life, psychological well-being, perceived stress and depression in patients with epilepsy

Protocol summary

Study aim
Effectiveness of ACT therapy on quality of life, psychological well-being, perceived stress and depression in patients with epilepsy

Design
In this study, 20 patients with epilepsy who were admitted to Sayyad Shirazi Hospital were selected. Participants were randomly divided into intervention and control groups.

Settings and conduct
After dividing the patients, the experimental group was treated in the ACT consulting center for 8 consecutive 2-hour sessions. The control group did not receive any treatment. They only participated in the pre-test and post-test.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients with epilepsy between the ages of 20 and 35; low quality of life; low psychological well-being (depression or stress). Exclusion criteria: age above 35; existence of other physical illnesses.

Intervention groups
In this study, in both intervention and control groups, a pre-test (using quality of life questionnaire, psychological well-being, perceived stress and depression) was performed. The intervention group received ACT (acceptance and commitment treatments) and the control group did not receive intervention. Finally, the post-test was performed in both groups.

Main outcome variables
Quality of life, psychological well-being, perceived stress and depression.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20171118037533N1**
Registration date: **2018-12-17, 1397/09/26**
Registration timing: **retrospective**

Last update: **2018-12-17, 1397/09/26**
Update count: **0**

Registration date
2018-12-17, 1397/09/26

Registrant information
Name
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 11 3456 5560
Email address
ghebrahimpour@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-07-02, 1396/04/11

Expected recruitment end date
2017-09-05, 1396/06/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of ACT therapy on quality of life, psychological well-being, perceived stress and depression in patients with epilepsy

Public title
Effectiveness of ACT therapy on quality of life, psychological well-being, perceived stress and depression in patients with epilepsy

Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
Patients with epilepsy low quality of life and psychological well-being depression and stress
Exclusion criteria:
Age higher than35 Patients who had epilepsy besides other physical illnesses
Age
From **20 years** old to **35 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **10**
Randomization (investigator's opinion)
Randomized
Randomization description
Twenty epileptic patients were divided into experimental and control groups using drawing (simple random sampling)
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
Azad university of Sari
Street address
Sari, Farah Abad, Azad University of Sari
City
Sari
Province
Mazandaran
Postal code
48161-19318
Approval date
2018-11-12, 1397/08/21
Ethics committee reference number
IR.IAU.SARI.REC.1397.015

Health conditions studied

1

Description of health condition studied
Treatment based on Acceptance and commitment
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Psychological well-being
Timepoint
Before and after intervention
Method of measurement
Reef's Psychological Well-Being Questionnaire

2

Description
Quality of life
Timepoint
Before and after intervention
Method of measurement
quality of life questionnaire (SF-12)

3

Description
Perceived stress
Timepoint
Before and after intervention
Method of measurement
perceived stress questionnaire prepared by Cohen

4

Description
depression
Timepoint
Before and after intervention
Method of measurement
Beck Depression Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The method of this quasi-experimental research and the research design was pre-test-posttest with control group. The purpose of this study was to evaluate the effectiveness of ACT therapy on depression, quality of life, perceived stress and psychological well-being in patients with epilepsy. Based on this goal, acceptance and commitment therapy as an independent variable and depression, quality of life, perceived stress and psychological well-being are

considered as dependent variable. At first, a pre-test was conducted on this group. Then, the experimental group received ACT (based on admission and commitment) in 8 sessions of 2 hours to improve quality of life, psychological well-being, and relieve stress and depression. After treatment, the post-test was performed on this group.

Category
Behavior

2

Description
Control group: Control group was subjected to pre-test and post-test questionnaires in this study. independent variable was not performed on them.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Sayyad Shirazi Hospital in Gorgan

Full name of responsible person
Ghodsieh Ebrahimpour

Street address
Sayyad Shirazi Street, Gorgan, Golestan

City
Gorgan

Province
Golestan

Postal code
48161-19318

Phone
+98 17 3226 1150

Email
ghebrahimpour@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gorgan University of Medical Sciences

Full name of responsible person
Ghodsieh Ebrahimpour

Street address
Hirkan Street - Central Organization of Golestan University of Medical Sciences

City
Gorgan

Province
Golestan

Postal code
4851947479

Email
gsm@goums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Gorgan University of Medical Sciences

Proportion provided by this source
1

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Azad university of Sari

Full name of responsible person
Ramazan Hassanzadeh

Position
University professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Sari, Farah Abad, Azad University of Sari

City
Sari

Province
Mazandaran

Postal code
48161-19318

Phone
+98 11 3303 2892

Email
Hassanzadehd@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Azad University of Sari unit

Full name of responsible person
Bahram Mirzaian

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Sari, Farah Abad, Azad University of Sari

City
Sari

Province
Mazandaran
Postal code
48161-19318
Phone
+98 11 3303 2892
Email
Bahrammirzaian@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Azad university of Sari
Full name of responsible person
Ghodsieh Ebrahimpour
Position
University Lecturer
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
No. 83.Yas Avenue,Golah street
City
Behshahr
Province
Mazandaran
Postal code
48519-47479
Phone
+98 11 3456 5560
Email
ghebrahimpour@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Effectiveness of ACT therapy on quality of life, psychological well-being, perceived stress and depression in patients with epilepsy
When the data will become available and for how long
Year96
To whom data/document is available
Students of Psychology and Psychotherapists
Under which criteria data/document could be used
When physical patients are in a state of mental instability
From where data/document is obtainable
To the magazine in which the information was published, as well as to the person who performed the treatment
What processes are involved for a request to access data/document
It takes a few months from the time of the research to the conclusion.
Comments