

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

21 Jun 2026

### Effect of acceptance and commitment therapy counseling on postpartum depression in unwanted pregnancies

#### Protocol summary

##### Study aim

Effect of acceptance and commitment therapy counseling on postpartum depression in unwanted pregnancies

##### Design

This study is clinical trial and double blind. We divided 40 patients randomly in two groups. We do 20 person in intervention group and 20 person in control group.

##### Settings and conduct

This study is clinical trial and double blind. We divided 40 patients randomly in two groups. We do 20 person in intervention group and 20 person in control group. Population of this study is women referring to health care centers in Arak for receiving postpartum care.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: 18-45 years; women in duration one and six months after childbirth; minimum diploma education; not psychiatric disease; absence of medical conditions; no history of previous depression Exclusion criteria: failure to follow up

##### Intervention groups

For the intervention group, we hold up treatment based on acceptance and commitment therapy counseling each week in 8 sessions (each sessions 90-minute) in Arak health center hall. There is no intervention for the control group.

##### Main outcome variables

Effect of acceptance and commitment therapy counseling on postpartum depression in unwanted pregnancies

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180118038424N1**

Registration date: **2018-04-10, 1397/01/21**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-04-10, 1397/01/21**

Update count: **0**

##### Registration date

2018-04-10, 1397/01/21

##### Registrant information

###### Name

Samaneh Shojaeifar

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 86 3222 7850

###### Email address

s.shojaeifar@arakmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-12-22, 1396/10/01

##### Expected recruitment end date

2018-12-22, 1397/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of acceptance and commitment therapy counseling on postpartum depression in unwanted pregnancies

##### Public title

Effect of acceptance and commitment therapy counseling on postpartum depression in unwanted pregnancies

##### Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

18-45 years Women in duration one and six months after childbirth Minimum diploma education Not psychiatric disease Absence of medical conditions No history of previous depression

### Exclusion criteria:

Failure to follow up

## Age

From **18 years** old to **45 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

- Participant
- Data analyser

## Sample size

Target sample size: **40**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Simple randomization with random number tables

## Blinding (investigator's opinion)

Double blinded

## Blinding description

Participant and data analyzer are unaware of grouping(double blind).

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee Arak University Of Medical Sciences

##### Street address

Vice chancellor for research, Payambar azam complex, Basij squire, Sardasht, Arak

##### City

Arak

##### Province

Markazi

##### Postal code

3814957558

#### Approval date

2017-11-26, 1396/09/05

#### Ethics committee reference number

IR.ARAKMU.REC.1396.175

## Health conditions studied

### 1

#### Description of health condition studied

Unwanted pregnancy

#### ICD-10 code

Z64.0

#### ICD-10 code description

Problems related to unwanted pregnancy

## Primary outcomes

### 1

#### Description

Depression

#### Timepoint

Before and after sessions of consultation and two months after end of the sessions

#### Method of measurement

Questionnaire of Beck Depression

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: For the intervention group, we hold up treatment based on acceptance and commitment therapy counseling each week in 8 sessions (each sessions 90-minute) in Arak health center hall.

#### Category

Treatment - Other

### 2

#### Description

Control group: There is no intervention for the control group.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

health care centers in Arak

##### Full name of responsible person

Naeeme Akbari Torkestani

##### Street address

Payambar azam complex, Basij squire, Sardasht, Arak

##### City

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##### Province

Markazi

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3914334911  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Dr Arjmandzadegan  
**Street address**  
Vice chancellor for research, Payambar azam complex, Basij square, Sardasht, Arak  
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arjmandzadegan@arakmu.ac.ir  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Arak University of Medical Sciences  
**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**  
Academic

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Dr Hamidreza Jamilian  
**Position**  
Assistant professor  
**Latest degree**

Specialist  
**Other areas of specialty/work**  
Psychiatrics  
**Street address**  
Amirkabir hospital, parastar square  
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jamilian@arakmu.ac.ir

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Naeeme Akbari Torkestani  
**Position**  
Faculty member  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Midwifery  
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Midwifery and nursing school, Payambar azam complex, Basij square, Sardasht, Arak  
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Torkestani@arakmu.ac.ir

## Person responsible for updating data

#### Contact

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Samane Shojaiefar  
**Position**  
Student Master  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Midwifery  
**Street address**

Midwifery and nursing school, Payambar azam complex, Basij square, Sardasht, Arak

**City**

Arak

**Province**

Markazi

**Postal code**

3814957558

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+98 86 3417 3638

**Email**

S.shojaiefar@arakmu.ac.ir

## 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**

When we publish article in journal.

**When the data will become available and for how long**

After the article is published

**To whom data/document is available**

researcher in university

**Under which criteria data/document could be used**

If there are additional questions

**From where data/document is obtainable**

Mrs Naeeme Akbari Torkestani

**What processes are involved for a request to access data/document**

They have to write letters to the professors and the university

**Comments**