

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

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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 square, 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 square, Sardasht, Arak

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3914334911
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S.shojaiefar@arakmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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
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Person responsible for scientific inquiries

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Faculty member
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Master
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Person responsible for updating data

Contact

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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