

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 2026

### Acceptance and commitment therapy on perceived stress and psychological flexibility among nurses in psychiatric wards of Razi educational and medical psychiatric center: Tehran, ۲۰۱۸

#### Protocol summary

##### Study aim

Determining the Effect of Acceptance Education and Commitment on Perceived Stress and Psychological Flexibility of Psychiatric Nurses in Razi Psychiatric Center, Tehran, in 1397

##### Design

Regarding entry and exit criteria, simple random sampling method was selected using random number table and divided into 40 experimental and control groups. Except for routine interventions, the experimental group received ACT based on Steven Hayes pattern in eight 2-hour sessions and the control group only received routine interventions.

##### Settings and conduct

This research is carried out at the Razi Psychiatric Research Center in Tehran and data collection is done through a questionnaire. The questionnaire was provided after selecting the research sample (based on entry and exit criteria). The questionnaire was provided to the participants after obtaining informed consent and providing sufficient explanation. The post-test stage is completed after the intervention sessions.

##### Participants/Inclusion and exclusion criteria

The criteria for entering the study: - Have a bachelor's degree in nursing and higher - Have at least two years work experience in psychiatric departments -Take interest and motivation to participate in research Exit criteria: - Not complete the questionnaire completely - Frequency in intervention sessions of more than one meeting Nursing section and employment in a part other than psychiatric

##### Intervention groups

In this research, Steven Hayes's acceptance and treatment commitment is used. The experimental group, with the exception of routine stress control, participates in eight sessions of two hours, weekly one session, based on acceptance and commitment training, and the control

group only receives routine intervention..

##### Main outcome variables

Acceptance and commitment therapy, psychological flexibility, perceived stress

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180506039557N1**

Registration date: **2018-10-31, 1397/08/09**

Registration timing: **prospective**

Last update: **2018-10-31, 1397/08/09**

Update count: **0**

##### Registration date

2018-10-31, 1397/08/09

##### Registrant information

##### Name

Arman Hoseini zarvijani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 5542 4683

##### Email address

chancellor@iautmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-11-22, 1397/09/01

##### 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**  
Acceptance and commitment therapy on perceived stress and psychological flexibility among nurses in psychiatric wards of Razi educational and medical psychiatric center: Tehran, ۲۰۱۸

**Public title**  
Acceptance and commitment therapy on perceived stress and psychological flexibility among nurses in psychiatric wards of Razi educational and medical psychiatric center: Tehran, ۲۰۱۸

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Having a bachelor's degree in nursing and higher  
at least two years work experience in psychiatric  
departments  
Clinical work in psychiatric departments at  
present  
Having interest and motivation to participate in  
research  
Attending admissions and commitment  
treatment sessions for the first time  
Non-use of  
psychiatric drugs, psychotropic drugs and drugs in the  
past and present

**Exclusion criteria:**

Not Complete the questionnaire completely  
Absence in  
intervention sessions over one session  
Nursing section  
and employment in a part other than psychiatric  
The  
occurrence of stressful events during the research

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **80**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Samples were selected by simple random sampling  
method. Random number tables are provided by  
computers that regulate the numbers at random. These  
tables have random numbers in both directions of the  
row and column. Using this table, 70 samples were  
selected randomly divided into two groups of 35  
experimental and control groups.

**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**

National Ethics Committee on Biomedical Research,  
Faculty of Medicine, Islamic Azad University of Me

**Street address**

Shariati St., Shahid Khaqani St., Attari Moghadam St.,  
Danesh close

**City**

Tehran

**Province**

Tehran

**Postal code**

1936893813

**Approval date**

2018-09-22, 1397/06/31

**Ethics committee reference number**

IR.IAU.TMU.REC.1397.169

## Health conditions studied

### 1

**Description of health condition studied**

Perceived Stress and Psychological Flexibility

**ICD-10 code**

R46.6

**ICD-10 code description**

Undue concern and preoccupation with stressful events

## Primary outcomes

### 1

**Description**

Perceived Stress and Psychological Flexibility

**Timepoint**

Before the intervention and immediately after the  
intervention

**Method of measurement**

Perceived Stress Questionnaire and Acceptance and  
Action Questionnaire - II

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group: The Steven Hayes method of  
admission and commitment is used in this study. The  
experimental group is treated on an eight-hour two-hour

basis, one week's session, on admission and commitment treatment. The content of the sessions is as follows: Session 1: Establishing a therapeutic relationship, closing the treaty, psychological training. Session 2: Discussing the experiences and evaluating them, effectiveness as a measure of measure, creating creative disappointment. Session 3: Expression of control as a problem, introducing The tendency as a response is to engage in targeted actions of the fourth session: the application of fault-finding techniques, intervention in the functioning of the problematic chains of language, the weakening of their coalition with thoughts and emotions Session 5: View your self as a background, self-conceptual weakening, and self-expression as an observer, showing separation between oneself, internal experiences, and the behavior of the sixth session: the application of mental techniques, the modeling of exclusion from the mind, the training of internal experiences as A Seventh Session Process: Introducing Value, Showing the Dangers of Focusing on Results, Discovering the Practical Values of Life Session 8: Understanding the Nature of Desire and Commitment, Determining Practical Models of Value-Based

#### **Category**

Prevention

## **2**

#### **Description**

Control group: The control group received only routine stress control trainings and problem solving methods.

#### **Category**

Prevention

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Razi educational and medical psychiatric center

##### **Full name of responsible person**

Ladan Fatah Moghadam

##### **Street address**

Shahr Rey three streets of Taghi Abad Shahid Rastegar Boulevard

##### **City**

Tehran

##### **Province**

Tehran

##### **Postal code**

18664

##### **Phone**

+98 21 3340 1220

##### **Fax**

+98 21 3340 1600

##### **Email**

razi@uswr.ac.ir

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

shirin hejazi

##### **Street address**

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##### **Province**

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1936893813

##### **Phone**

+98 21 2200 6660

##### **Email**

chancellor@iautmu.ac.ir

#### **Grant name**

#### **Grant code / Reference number**

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

No

#### **Title of funding source**

Deputy of Research of Islamic Azad University of Medical Sciences of Tehran

#### **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**

Islamic Azad University

##### **Full name of responsible person**

Ladan Fatah Moghadam

##### **Position**

Academic staff

##### **Latest degree**

Master

##### **Other areas of specialty/work**

Nursery

##### **Street address**

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ladanfatahmoghadam@gmail.com

## Person responsible for scientific inquiries

**Contact**

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**Position**

Academic staff

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Master

**Other areas of specialty/work**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ladan fatah moghadam

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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