Clinical Trial Protocol
Iranian Registry of Clinical Trials

29 Oct 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

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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 Having 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

shirin hejazi

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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

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ladanfatahmoghadam@gmail.com

Person responsible for scientific inquiries

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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

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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

Position

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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