

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The efficacy of acceptance and commitment therapy in improving psychological symptoms in patients with social anxiety disorder

Protocol summary

Study aim

Determining the efficacy of acceptance and commitment therapy in improving psychological symptoms in patients with social anxiety disorder

Design

Clinical trial with control group, Not blinded, Randomized

Settings and conduct

This study is conducted at the counseling Center of Kermanshah University of Medical Sciences. Patients receive 12 sessions of acceptance and commitment therapy individually and weekly. The duration of each session is 90 minutes. To evaluate the follow up period again two months after the end of the intervention the subjects are evaluated. In order to evaluate the effects of treatment subjects will be evaluated one week before, one week after and two months after the end of the intervention respectively. The intervention is done by an experienced psychologist and based on Eifert and Forsyth protocol.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having social anxiety disorder as the main diagnosis. Exclusion criteria: current diagnosis of any comorbid mental disorders in axis 1 and 2 based on a psychiatrist's diagnostic interview.

Intervention groups

Intervention group: 12 people with social anxiety disorder will receive 12 sessions of treatment based on acceptance and commitment. Control group: 12 people and do not receive any special treatment.

Main outcome variables

Social anxiety; Self-compassion; Acceptance and action; External shame; Difficulty in regulating excitement; Interpersonal sensitivity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180421039369N1**

Registration date: **2018-09-16, 1397/06/25**

Registration timing: **retrospective**

Last update: **2020-05-02, 1399/02/13**

Update count: **1**

Registration date

2018-09-16, 1397/06/25

Registrant information

Name

Nasrin Jaberghaderi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 83 3427 4622

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-18, 1397/01/29

Expected recruitment end date

2018-05-19, 1397/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of acceptance and commitment therapy in improving psychological symptoms in patients with social anxiety disorder

Public title

The assessment of acceptance and commitment therapy on social anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

The main and primary diagnosis of social anxiety disorder based on anxiety disorder interview Patient's agreement to participate in research Lack of psychological therapy in the last year No psychiatric medication intake during the past six months No main and primary diagnosis of mood disorders and other anxiety disorders

Exclusion criteria:

Current diagnosis of any comorbid mental disorders in Axis 1 and 2 based on a psychiatrist's diagnostic interview History of current substance dependence and over a year before the onset of treatment

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

For randomizing assignment, the Simple Random method is used. 24 cards with the same appearance are provided. On 12 of cards the number 1 and on 12 of them the number 2 is written which represent the intervention group and the control group respectively. Then, one card is given to each qualified individual randomly and his assignment to the group is recorded. This process is continues until all individuals are assigned. It should be noted that participants are unaware of the nature of the numbers and type of intervention.

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

Ethics Committee of Kermanshah University of

Medical Sciences

Street address

Central Building of Kermanshah University of Medical Sciences, Shahid Beheshti Blvd, Kermanshah

City

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Province

Kermanshah

Postal code

6715847141

Approval date

2018-05-21, 1397/02/31

Ethics committee reference number

IR.KUMS.REC.1397.085

Health conditions studied

1

Description of health condition studied

Social phobias

ICD-10 code

F40.1

ICD-10 code description

Social phobias

Primary outcomes

1

Description

Social phobia

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

Spin social anxiety questionnaire

Secondary outcomes

1

Description

External shame

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

External shame questionnaire

2

Description

Self-compassion

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

Self compassion questionnaire

3

Description

Acceptance and action

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

Acceptance and Action Questionnaire

4

Description

Difficult emotion regulation

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

Difficult emotion regulation scale

5

Description

Interpersonal sensitivity

Timepoint

A week before the intervention, one week after the intervention, two months after the intervention

Method of measurement

Interpersonal Sensitivity Questionnaire

Intervention groups

1

Description

Intervention group: the intervention group consists of 12 individuals during the 12 sessions receiving Treatment based on acceptance and commitment individually according to eifert and forsyth protocol. This treatment has two main objectives: 1) Enhancing the power of accepting unpleasant thoughts and feelings that the patient does not have control over their existence or disappearance. 2) Commitment and action towards the kind of life that is valuable to him. In this treatment the concepts of acceptance, commitment, values and exposure to anxiety are trained and treatment sessions are held weekly and each session lasts 90 minutes during three months. After that, the follow-up period takes two months.

Category

Behavior

2

Description

Control group: consists of 12 people who are waiting in the waiting list and do not receive treatment during the time of intervention. but after treatment, they will receive acceptance and commitment treatment for maintaining the ethics of the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah University of Medical Sciences

Full name of responsible person

Samad Khoramnia

Street address

Faculty of Medicine, Imam Reza Hospital, Shahid Shiroudi Blvd, Kermanshah

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

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Central Building of Kermanshah University of Medical Sciences, Shahid Beheshti Blvd, Kermanshah

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Grant name

Kermanshah University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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**

Kermanshah University of Medical Sciences

Full name of responsible person

Samad Khoramnia

Position

MSc

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Position

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Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available