

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### the effectiveness of acceptance and commitment therapy on emotional, behavioral and cognitive components in patients with illness anxiety disorder

#### Protocol summary

##### Study aim

Determining and Compare the effectiveness of acceptance and commitment therapy and cognitive-behavioral therapy on anxiety sensitivity, emotional reactivity, distress tolerance, experiential avoidance and anxiety symptoms in patients with illness anxiety disorder

##### Design

The present study is a semi-experimental pretest-posttest with a control group that has a follow-up period. First, the researcher will go to the general and internal clinics and psychiatrists by appointing a physician and referring to the patients file and conducting a clinical interview with those who are eligible for inclusion in the study, and then the participants will be equally matched based on their age, gender, The status of employment and marital status will be divided into three groups (two treatment groups and one control group).

##### Settings and conduct

Interventions will be held at the psychological clinic of Kargarnejad Hospital in kashan city. A treatment: acceptance and commitment group therapy will receive 10 treatment sessions. The cognitive-behavioral group therapy will receive 13 treatment sessions. And the control group will receive a supportive treatment group and do not receive any psychological treatment in order to control the common factors.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria There is a diagnosis of anxiety disorder  
Ages older than 18 years old  
Inclination to participate in research.  
Non-compliance criteria Psychiatric disorders, history of drug use, history of suicide, personality disorders, history of physical illness such as cancer

##### Intervention groups

This study has two intervention groups (a special intervention group (ACT) and a common intervention group (CBT). Intervention 1: 10 3-hour session of

Acceptance and Commitment Therapy: Intervention 2: 13 2-hour session of Cognitive Behavioral Therapy

##### Main outcome variables

health anxiety

#### General information

##### Reason for update

##### Acronym

ACT for IA

##### IRCT registration information

IRCT registration number: **IRCT20180521039755N1**

Registration date: **2018-07-18, 1397/04/27**

Registration timing: **prospective**

Last update: **2018-07-18, 1397/04/27**

Update count: **0**

##### Registration date

2018-07-18, 1397/04/27

##### Registrant information

##### Name

Masoum Moghbeli hanzaei

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 5554 0021

##### Email address

moghbeli-m@kaums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-08-06, 1397/05/15

##### Expected recruitment end date

2018-11-21, 1397/08/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

the effectiveness of acceptance and commitment therapy on emotional, behavioral and cognitive components in patients with illness anxiety disorder

**Public title**

the effectiveness of acceptance and commitment therapy on patients with illness anxiety disorder

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Diagnosis of Illness Anxiety Disorder. The absence of comorbidity with other disorder

**Exclusion criteria:**

History of severe physical illness such as cancer  
Diagnosis of psychiatric disorders  
History of drug use

**Age**

From **18 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Participants will randomly allocate to the three groups: control (non-intervention), cognitive behavior therapy (CBT), and acceptance and commitment therapy (ACT) by the table of random number.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Individual and group data are not coded as code and analytical and evaluation results are not known from the titles of individuals and groups.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Kashan University of Medical Sciences

**Street address**

Ravand Ave, Pezeshk Blv

**City**

Kashan

**Province**

Isfahan

**Postal code**

81151-87159

**Approval date**

2018-01-29, 1396/11/09

**Ethics committee reference number**

IR.KAUMS.MEDNT.REC.1396.102

**Health conditions studied****1****Description of health condition studied**

illness anxiety

**ICD-10 code**

F45.2

**ICD-10 code description**

Hypochondriacal disorders

**Primary outcomes****1****Description**

health anxiety

**Timepoint**

Before and after interventions

**Method of measurement**

Short form health anxiety questionnaire

**Secondary outcomes****1****Description**

experiential avoidance

**Timepoint**

Before and after the intervention

**Method of measurement**

Action and Acceptance questionnaire

**2****Description**

Distress Tolerance

**Timepoint**

Before and after the intervention

**Method of measurement**

Distress Tolerance Questionnaire

### 3

**Description**

Anxiety Sensitivity

**Timepoint**

Before and after the intervention

**Method of measurement**

Anxiety Sensitivity Questionnaire

### 4

**Description**

Emotional Reactivity

**Timepoint**

Before and after the intervention

**Method of measurement**

Emotional Reactivity Questionnaire

## Intervention groups

### 1

**Description**

Intervention group: 9 sessions of 3 hours of acceptance and commitment therapy

**Category**

N/A

### 2

**Description**

Intervention group: 13 sessions of 2 hours of cognitive-behavioral therapy

**Category**

N/A

### 3

**Description**

Control group: Supportive care (no therapeutic technique)

**Category**

N/A

## Recruitment centers

### 1

**Recruitment center****Name of recruitment center**

Psychology Clinic of Kargarnejad Hospital in Kashan

**Full name of responsible person**

Masoume Moghbeli hanzaei

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Ravand Ave, Pezeshk Blvd

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**Province**

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**Postal code**

8715973446

**Phone**

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**Email**

moghbelimasoum@yahoo.com

## Sponsors / Funding sources

### 1

**Sponsor****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Gholamali Hamidi

**Street address**

Ravand Ave

**City**

Kashan

**Province**

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**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Kashan 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**

Kashan University of Medical Sciences

**Full name of responsible person**

Masoume Moghbeli hanzaei

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

### Contact

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Kashan University of Medical Sciences  
**Full name of responsible person**  
Masoume Moghbeli hanzaei  
**Position**  
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Psychology  
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## Person responsible for updating data

### Contact

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**Full name of responsible person**  
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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

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