

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Comparison of the Effectiveness of Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT) in Patients with Generalized Social Anxiety Disorder

Protocol summary

Study aim

The purpose of this study is comparison the effectiveness of Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT) in patients with Generalized Social Anxiety Disorder (SAD). The present research is randomized controlled trial study with pre-test, post-test and follow-up along with a control group. 48 patients with SAD was randomly allocated to one of the 3 groups: CFT, ACT and control group. 12 weekly sessions individual intervention based on CFT for one group and 12 weekly sessions individual intervention based on ACT for another group will run. the control group did not receive any treatment. At the beginning of the research, after 12 weeks and after a follow-up period of 8 weeks, research variables will be evaluated.

Design

Clinical controlled trial, pragmatic, parallel group, randomised

Settings and conduct

After the necessary coordination with Tehran Psychiatric Institute's authorities and considering the individuality of the treatments, each member of the sample was randomly assigned to a group through flipping a coin.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Suffering social anxiety disorder; Age range 20-40; Consent to participate in the research; The minimum Diploma education. Exclusion Criteria: Suffering other psychiatric disorders; Suffering severe levels of personality disorders; Severe physical illnesses; The initiation of treatment with psychiatric drugs within the last 3 months or change of drug dose during that time.

Intervention groups

The CFT group received 12 individual treatment sessions based on the Boersma et al protocol (2014). The ACT group received 12 individual treatment sessions based on the Eifert and Forsyth protocol (2005). The control

group did not receive any treatment.

Main outcome variables

social anxiety symptoms; self-criticism; psychological flexibility; quality of life; mindfulness; self-compassion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180607040000N1**

Registration date: **2018-06-18, 1397/03/28**

Registration timing: **retrospective**

Last update: **2018-06-18, 1397/03/28**

Update count: **0**

Registration date

2018-06-18, 1397/03/28

Registrant information

Name

Komeil Zahedi Tajrishi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 6655 1657

Email address

zahedi.komeil@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-11, 1396/09/20

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

2017-12-11, 1396/09/20
Actual recruitment end date
2018-01-10, 1396/10/20
Trial completion date
empty

Scientific title
Comparison of the Effectiveness of Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT) in Patients with Generalized Social Anxiety Disorder

Public title
Effect of Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT) on Social Anxiety Disorder

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Suffering social anxiety disorder based on DSM5 diagnostic criteria (in case of other psychiatric diagnoses, SAD diagnosis should have been clearly identified as the primary diagnosis) Age between 20-40 years Consent to participate in the research and completing the treatment sessions The minimum Diploma education
Exclusion criteria:
Suffering other psychiatric disorders of the first axis that are an obstacle to the treatment of Social Anxiety Disorder (e.g. Psychotic disorders, Bipolar disorder with psychotic features) Suffering severe levels of personality disorders with serious communication problems including Schizotypal, Schizoid, Paranoid, Borderline, Antisocial, and Avoidant personality disorders Suffering severe physical illnesses such as Cancer and AIDS, whose physical illness should be prioritized for treatment The initiation of treatment with psychiatric drugs within the last 3 months or change of drug dose during that time.

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **52**
Actual sample size reached: **48**

Randomization (investigator's opinion)
Randomized

Randomization description
Considering the individuality of the treatments, each member of the sample assigned to a group with simple randomization and through flipping a coin.

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 Iran University of Medical Sciences

Street address

Shahid Hemmat Highway, Tehran

City

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Province

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Postal code

1333813444

Approval date

2017-12-08, 1396/09/17

Ethics committee reference number

IR.IUMS.REC 1396.9211521214

Health conditions studied

1

Description of health condition studied

Social Anxiety Disorder

ICD-10 code

F40.11

ICD-10 code description

Social phobia, generalized

Primary outcomes

1

Description

Social Anxiety Symptom

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

Liebowitz Social Anxiety Scale (LSAS)

2

Description

Quality of Life

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

World Health Organization Questionnaire of the Quality of Life (WHOQOL-BREF)

3

Description

Psychological Flexibility

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

Acceptance and Action Questionnaire-second version (AAQ-II)

4

Description

Self Compassion

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

Self-Compassion Scale (SCS)

5

Description

Self-Criticism

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

Level of Self-Criticism Scale (LOSC)

6

Description

Mindfulness

Timepoint

Before intervention, After intervention, After a follow-up period of 8 weeks

Method of measurement

Ryan and Brown's Mindful Attention Awareness Scale (MAAS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group (1st): Compassion Focused Therapy (CFT) group that received 12 individual treatment sessions of one hour based on the protocol used in the study of Boersma et al. (2014).

Category

Behavior

2

Description

Intervention group (2nd): Acceptance and Commitment Therapy (ACT) group that received 12 individual

treatment sessions of one hour based on the Eifert and Forsyth protocol (2005).

Category

Behavior

3

Description

Control group: did not receive any treatment interventions and were merely put on the waiting list.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Behavioral Sciences and Mental Health Clinic

Full name of responsible person

Komeil Zahedi Tajrishi

Street address

School of Behavioral Sciences and Mental Health, Mansou of Behavioral Sciences and Mental Health, Mansouri St, Niyayesh St, Sattarkhan St, Tehran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Banafsheh Gharraee

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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

Iran 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**

Iran University of Medical Sciences

Full name of responsible person

Komeil Zahedi Tajrishi

Position

Ph.D student in clinical psychology

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Position

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

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Position

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Other areas of specialty/work

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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

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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable