Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Province

Tehran

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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
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School of Behavioral Sciences and Mental Health, Mansouri St, Niyayesh St, Sattarkhan St, Tehran.
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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
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Other areas of specialty/work
Psychology
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Person responsible for updating data

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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