

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

The effectiveness of group therapy based on Acceptance and Commitment on death anxiety of cancer patients with low income level

Protocol summary

Study aim

Reducing mental stress, improving quality of life and increasing life expectancy in cancer patients

Design

The clinical trial has an intervention group and a control group, randomized and not blind

Settings and conduct

The aim of this study is to investigate the effect of group therapy based on acceptance and commitment on the death anxiety in cancer patients at the palliative medicine clinic of Torbat Heydarieh University of Medical Sciences. In this way that 20 patients with cancer are randomly assigned to intervention and control group. The intervention group will receive 10 sessions of group therapy based on acceptance and commitment weekly in a two-hour session, the control group will not receive any intervention.

Participants/Inclusion and exclusion criteria

Age of 18 to 60 years, having a case of cancer, not taking medication or other psychotherapy, not having a particular mental or physical illness

Intervention groups

Intervention group: Patients in the intervention group will participate in 10 sessions of group therapy based on acceptance and commitment in the form of weekly in a two-hour session, the control group will not receive any intervention.

Main outcome variables

Reducing death anxiety of cancer patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181009041282N1**

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

Maliheh Eshaghzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-21, 1397/08/30

Expected recruitment end date

2019-02-19, 1397/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group therapy based on Acceptance and Commitment on death anxiety of cancer patients with low income level

Public title

The effectiveness of group therapy based on Acceptance and Commitment on cancer patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a case of cancer Not having psychiatric, visual and auditory disorders Not using psychotherapy and drug change outside of research intervention The absence of a history of neuropsychological illness The absence of heart, lung, kidney and liver disease

Exclusion criteria:

Admission in hospital during research Missing more than three sessions Having a history of drug abuse Unwillingness to continue cooperation

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

At first, 20 patients were selected through simple random sampling and then assigned to intervention and control groups using random block split and Randomization.com.

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 Torbat Heydarieh University of Medical Sciences

Street address

Razi street

City

Torbat Heydarieh

Province

Razavi Khorasan

Postal code

9516915169

Approval date

2018-07-06, 1397/04/15

Ethics committee reference number

IR.THUMS.REC.1397.019

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

Death Anxiety

ICD-10 code

F41.8

ICD-10 code description

Other specified anxiety disorders

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

Death Anxiety: A kind of panic or anxiety when thinking about the process of dying or disconnecting from the world or what happens after death.

Timepoint

The beginning of the study and after the intervention

Method of measurement

Templer death anxiety scale

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Patients in the intervention group will participate in 10 sessions of group therapy based on acceptance and commitment in the form of weekly in a two-hour session.

Category

Behavior

2**Description**

Control group: The control group will not receive intervention.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Palliative medicine Clinic of Torbat Heydarieh University of Medical Sciences

Full name of responsible person

Samaneh Eshaghzadeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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

Torbat-Heidaria 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
Torbat-Heidaria University of Medical Sciences
Full name of responsible person
Samaneh Eshaghzadeh
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Instructor
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Psychology

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Person responsible for updating data

Contact

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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