

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Comparison of the efficacy of group schema therapy and ACT on personality disorders, cognitive emotion regulation and craving for drugs among addicted of addiction treatment campus in Gonbad Kavoos city

Protocol summary

Study aim

Purpose of this research was comparison efficacy of group schema therapy and ACT on personality disorders, cognitive emotion regulation and craving among addicted of camp addiction of Gonbad Kavoos. In the frame of a semi-experimental study conducted by pretest-posttest-follow up with control group design, among the addicts residing in two addiction treatment camps in Gonbad-e-Kavoos city in the first half of 2018, a sample of 30 subjects were selected by purposeful sampling method and, then, they were assigned into two experiment groups and one control group (10 subjects per group) by random assignment method. for gathering the data, MCMI-III was used which was completed by the subjects of all the three groups in pretest, posttest, and one-month follow up stages. experimental groups respectively received schema therapy and the acceptance and commitment therapy in twelve 1.5-hour sessions in groups and with a sequence of one session per week, while the subjects of the control group didn't receive any intervention until the follow up stage.

Design

This trial was clinical trial with control group and randomized assignment.

Settings and conduct

Research location was addiction withdrawal campus of Gonbad Kavoos and two Intervention were schema therapy and ACT. The first and the second experiment groups respectively received schema therapy and the acceptance and commitment therapy in twelve 1.5-hour sessions in groups and with a sequence of one session per week, while the subjects of the control group didn't receive any intervention until the follow up stage.

Participants/Inclusion and exclusion criteria

Enter conditions were campus habitation and Informed consent.

Intervention groups

Intervention groups were schema therapy group and ACT group.

Main outcome variables

Dependent variables were Personality disorders cluster B, Cognitive emotion regulation and Craving

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181118041690N1**

Registration date: **2019-05-11, 1398/02/21**

Registration timing: **retrospective**

Last update: **2019-05-11, 1398/02/21**

Update count: **0**

Registration date

2019-05-11, 1398/02/21

Registrant information

Name

Mahmood Piri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3355 5625

Email address

minapiri56@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-01, 1397/09/10

Expected recruitment end date

2018-12-06, 1397/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the efficacy of group schema therapy and ACT on personality disorders, cognitive emotion regulation and craving for drugs among addicted of addiction treatment campus in Gonbad Kavoods city

Public title

Comparison schema therapy and ACT

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Campus habitation Informed consent

Exclusion criteria:**Age**

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

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **39**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization: Simple randomized assignment to groups did by random digit table. For this, MCMI-III accomplished for all addicted in campus of Gonbad Kavoods and selected 30 people who their scores were higher than cut point in personality disorders cluster B, as sample. Next to selection the sample individuals, provided a list of individuals and found their digits from random digit table and randomly assigned to three groups. then, groups randomly by lottery assigned to schema therapy, acceptance and commitment therapy and control groups.

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**

Academic ethic committee on biomedical research of Golestan university of medical sciences

Street address

Shast kola road

City

Gorgan

Province

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Postal code

4934174515

Approval date

2018-07-15, 1397/04/24

Ethics committee reference number

.1397.104 IR.GOUMS.REC

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

Addiction

ICD-10 code

F10-F19

ICD-10 code description

Mental and behavioral disorders due to psychoactive substance use

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

Personality disorder cluster B

Timepoint

Pretest, Post test, Follow up

Method of measurement

MCMI-III

2**Description**

Cognitive emotion regulation

Timepoint

Pretest, Post test, Follow up

Method of measurement

Garnefski Cognitive Emotion Regulation (2001)

3**Description**

Craving

Timepoint

Pretest, Post test, Follow up

Method of measurement

Tiffany et al. (1995) Heroin Craving Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Acceptance and commitment therapy. Acceptance & Commitment Therapy (ACT) created by Hayes (1986). This approach is a part of third wave of behavior therapy that based on Relational Frame Theory. Aim of this therapy is decreasing experiential avoidance with increasing psychological flexibility. Acceptance & Commitment Therapy have six central processes that lead to psychological flexibility include: Defusion, Acceptance, Contact with the Present Moment, Observing Self, Values and Committed Action. This treatment was 12 sessions 90 minutes. In this intervention were not use any equipment and substances.

Category

Treatment - Other

2

Description

Intervention group: Schema therapy. Schema Therapy is a new and creative psychotherapy create by young et al. (1990) and integrate Cognitive-Behavior Therapy, attachment, Gestalt, Object Relations, Constructivism and Psychoanalysis. This treatment according to systematic program by use cognitive, behavioral, interpersonal, attachment and experiential appraisal and modify Early Maladaptive Schemas. Schema therapy emphasize on developmental base of psychological distress in childhood and adolescence, arousal techniques and maladjusted coping styles. This treatment was 12 sessions 90 minutes. In this intervention were not use any equipment and substances.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Nejat addiction withdrawal campus

Full name of responsible person

Seyed Mohamad Hosseini

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Recruitment center

Name of recruitment center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

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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

Islamic Azad University

Proportion provided by this source

1

Public or private sector

Private

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**

Islamic Azad University

Full name of responsible person

Mahmood Piri

Position

Student

Latest degree

Master

Other areas of specialty/work

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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

Subject dissatisfaction

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