Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 Kavoos 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 Kavoos 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
Golestan
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, Fallow up
Method of measurement
MCMI-III

2

Description
Cognitive emotion regulation
Timepoint
Pretest, Post test, Fallow up
Method of measurement
Garnefski Cognitive Emotion Regulation (2001)

3

Description
Craving
Timepoint
Pretest, Post test, Fallow up
Method of measurement
Tiffany et al. (1995) Heroin Craving Questionaire

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 appraise and modify Early Maladaptive Schemas. Schema therapy emphasize on developmental base of psychological distress in childhood and adolescence, arousal technics 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
Street address
Incide artificial sea
City
Gonbad Kavoos
Province
Golestan
Postal code
4917944867
Phone
+98 17 3338 1660
Fax
+98 17 3338 5660
Email
minapiri56@gmail.com

2

Recruitment center
Name of recruitment center
Avaye Rahaei
Full name of responsible person
Ali Ghezelsefloo
Street address
17 Shahrivar street
City
Gonbad Kavoos
Province
Golestan
Postal code
4971846356
Phone
+98 17 3338 3083
Fax
+98 17 3338 3083
Email
minapiri56@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Seyed Ali Taheri
Street address
Shahid Kalantarti BLVD
City
Gorgan
Province
Golestan
Postal code
7914739975
Phone
+98 17 3215 1787
Fax
+98 17 3215 3000
Email
info@conferencegorganiauaciriau.ac.ir
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
Psychology
Street address
Shahid Kalantari BLVD
City
Gorgan
Province
Golestan
Postal code
4914739975
Phone
+98 17 3215 3000
Email
minapiri56@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Ali Hosseinaei
Position
Faculty member
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Shahid Rajaei street
City
Azadshahr
Province
Golestan
Postal code
4961789985
Phone
+98 17 3572 2222
Fax
+98 17 3572 4003
Email
a.hosseinaei@gmail.com

Person responsible for updating data

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
Psychology
Street address
Imam Reza street
City
Gonbad Kavoos
Province
Golestan
Postal code
4971794486
Phone
+98 17 3358 6255
Email
minapiri56@gmail.com

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