

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 May 2026

### Comparison of the Effectiveness of Reality Therapy and Acceptance and Commitment-Based Therapy on Social Adjustment, Psychological Well-Being and Self-Conceiving in Anxiety Patients Referring to Ahwaz Psychological Clinics

#### Protocol summary

##### Study aim

Comparing the two third-wave approaches to determine which ones are more effective in influencing the variables.

##### Design

Clinical practice groups were: one control group and two experimental groups with two therapeutic methods of the third wave of behaviorism. It should be noted that this task was randomly selected from among 60 anxious patients according to Beck's diagnosis, which was repeated according to systematic randomized method. In three groups, they were tested and controlled. The groups were parallel and phase two, three, and also double-blind.

##### Settings and conduct

This is a quasi-experimental study that was performed to determine the effectiveness of the third wave therapy on facial expressions in Ahwaz and psychological clinics. None of the groups were related to each other and were unaware of how they intervened.

##### Participants/Inclusion and exclusion criteria

Having anxiety disorder to detect Beck Test and having a 20 to 50 year old age.

##### Intervention groups

The intervention group of the treatment reality that intervened with the reality of the therapeutic protocol. The intervention group of the act was intervened with the percolator. The control group did not intervene with this group.

##### Main outcome variables

The main consequence of this study was to determine the most effective way to get away from the third wave approach.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20181218042035N1**

Registration date: **2019-01-08, 1397/10/18**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-01-08, 1397/10/18**

Update count: **0**

##### Registration date

2019-01-08, 1397/10/18

##### Registrant information

##### Name

nima asadzadeh

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3373 6314

##### Email address

nima\_asadzade@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-10-02, 1396/07/10

##### Expected recruitment end date

2017-11-06, 1396/08/15

##### Actual recruitment start date

2018-12-11, 1397/09/20

##### Actual recruitment end date

2019-01-12, 1397/10/22

##### Trial completion date

2019-03-16, 1397/12/25

### Scientific title

Comparison of the Effectiveness of Reality Therapy and Acceptance and Commitment-Based Therapy on Social Adjustment, Psychological Well-Being and Self-Conceiving in Anxiety Patients Referring to Ahvaz Psychological Clinics

### Public title

Comparison of the Effectiveness of Reality Therapy and Acceptance and Commitment-Based Therapy on Social Adjustment, Psychological Well-being and Self-Conceived Well-being in Patients with Anxiety

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Having anxiety to detect a back test

#### Exclusion criteria:

### Age

From **20 years** old to **50 years** old

### Gender

Both

### Phase

2-3

### Groups that have been masked

*No information*

### Sample size

Target sample size: **60**

Actual sample size reached: **60**

### Randomization (investigator's opinion)

Randomized

### Randomization description

In this simple randomized trial, the subjects were included in the control and experimental groups after anxiety diagnosis. Simple systematic random sampling was used for this purpose.

### 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 Islamic Azad University, Ahvaz Branch

##### Street address

Kian Abad First West Street 136

##### City

Ahvaz

#### Province

Khouzestan

#### Postal code

6155653137

#### Approval date

2017-10-19, 1396/07/27

#### Ethics committee reference number

IR.IAUAHVAZ.REC.1396.391

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety Disorders

#### ICD-10 code

F06.3

#### ICD-10 code description

Mood disorder due to known physiological condition

## Primary outcomes

### 1

#### Description

Lowering the level of anxiety with the method of acct intervention and the reality of healing

#### Timepoint

Before the arrival of the case, anxiety was detected and placed on the end of the test for the beginning and the next, and finally after two months they were followed up.

#### Method of measurement

Depression Inventory. Social Adjustment Questionnaire. Psychological well-being questionnaire. Self-critical questionnaire.

## Secondary outcomes

### 1

#### Description

Lowering the level of anxiety due to the influence of the independent variable on the dependent variable

#### Timepoint

Before arriving at ours. Before intervention. After the intervention and two months after the completion of the order

#### Method of measurement

Use of standard tests in the field of anxiety, social adjustment, psychological well-being and self-criticism.

## Intervention groups

### 1

#### Description

Intervention group: first, the reality of the treatment that took place in the course of eight sessions of two-hour intervention in accordance with the reality of the treatment reality.

**Category**

Treatment - Other

**2****Description**

Intervention group: The second acte was taken during the eight-session two-hour intervention, according to the protocol.

**Category**

Treatment - Other

**3****Description**

Control group: the third control group did not receive any interventions.

**Category**

Placebo

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

Ryan Psychology Clinic

**Full name of responsible person**

Nima Asadzadeh

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Kianpars 4 street

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Hassan Barati, research assistant

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**Grant name**

Research Deputy of Ahvaz Islamic Azad University

**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**

Persons

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

Iranian academic center for education culture and research

**Full name of responsible person**

Nima Asadzadeh

**Position**

Research expert

**Latest degree**

Master

**Other areas of specialty/work**

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