

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)

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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

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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

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

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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

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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