

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

The Effectiveness of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Protocol summary

Study aim

The Aim of Study Will be to Investigate the Effectiveness of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Design

In an Experimental Study With a Pretest -Posttest Control Group Design, 30 Depressed Soldiers Will be Selected Through Convenience Sampling Method.

Settings and conduct

The Province Mashhad Will be Assign to Two Experimental and Control Groups, Each Contain 15 Individuals.

Participants/Inclusion and exclusion criteria

The inclusion criteria: Aged between 18 to 40 years, having at least a high school diploma, Willingness to participate in the study and being randomly into one of the study groups, Earning a score of 17 or above on the Beck Depression Inventory - Second Edition,,Completing the agreement form. The exclusion criteria: Having physical and mental diseases, Receiving intrudent pharmacological and non pharmacological treatments, Patients with any serious psychological disorders (including psychotic disorders or active substance abuse),Education less than fifth elementary

Intervention groups

Experimental Group: The Intervention group will attend Acceptance and Commitment Group Therapy Sessions for 8 Weeks (8 sessions of two hour). In General, the Treatment Plan for this Group Will be to at Assess Previous Session Homework, Teaching a New Technique and Giving Homework for Future Session. Control group:The control group simultaneously (8 two-hour sessions for 8 weeks) will continue usual care plan of the group.

Main outcome variables

Increase Cognitive Flexibility, Decrease Ideating

Thoughts, Hopelessness and Depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180218038786N2**

Registration date: **2019-08-30, 1398/06/08**

Registration timing: **retrospective**

Last update: **2019-08-30, 1398/06/08**

Update count: **0**

Registration date

2019-08-30, 1398/06/08

Registrant information

Name

Zahra Robati

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 23 3362 4250

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-08, 1398/04/17

Expected recruitment end date

2019-08-01, 1398/05/10

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 Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Public title
The effect of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 Aged between 18 to 40 years Having at least a high school diploma Willingness to participate in the study being randomly into one of the study groups Completing the agreement form Earning a score of 17 or above on the Beck Depression Inventory - Second Edition
Exclusion criteria:
 Having with any serious psychological disorders (including psychotic disorders or active substance abuse) Receiving intrudent pharmacological and non pharmacological treatments Education less than fifth elementary

Age
From **18 years** old to **40 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
The allocation method will be simple random. Hiding the assignment using a computer is that the computer creates random numbers between zero and one. If the random number is less than 0/005, the individual will be assigned to the test group, and if the random number is greater than 0/005, the individual will be entered into the control group. In this process, people who enter the study list will not be aware of how the treatment is allocated before the intervention.

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

Vice chancellor for research, Hakim Sabzevari University

Street address

Tohid Shahr, Hakim Sabzevari University

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617976487

Approval date

2019-07-24, 1398/05/02

Ethics committee reference number

IR.HSU.REC.1398.016

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F06.31

ICD-10 code description

Mood disorder due to known physiological condition with depressive features

Primary outcomes

1

Description

Cognitive Flexibility Score in Cognitive Flexibility Inventory

Timepoint

Measurement of Cognitive Flexibility before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Cognitive Flexibility Inventory

2

Description

Suicide Ideation Score in Suicide Ideation Scale

Timepoint

Measurement of Suicide Ideation before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Beck Suicide Ideation Scale

3

Description

Beck Hopelessness Score in Hopelessness Scale

Timepoint

Measurement of Hopelessness before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Beck Hopelessness Scale

4

Description

Depression Score in Beck Depression Inventory-II

Timepoint

Measurement of Depression before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Beck Depression Inventory-II

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The Intervention group will attend Acceptance and Commitment Group Therapy Sessions for 8 Weeks (8 sessions of two hour). In General, the Treatment Plan for this Group Will be to at Assess Previous Session Homework, Teaching a New Technique and Giving Homework for Future Session.

Category

Behavior

2

Description

Control group: The control group simultaneously (8 two-hour sessions for 8 weeks) will continue usual care plan of the group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Samen Province

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Hakim Sabzevari University

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

Vice chancellor for research, Hakim Sabzevari University

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

Semnan University

Full name of responsible person

Zahra Robati

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

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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