

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of Acceptance and Commitment Therapy(ACT) on Mental Health,Death Anxiety,Quality of Life and Alpha and Beta Brain Waves in Generalized Epilepsy

Protocol summary

Study aim

1-Determine the effectiveness of acceptance and commitment treatment on general health in Generalized epilepsy based on demographic variables) Education, gender, age, job) 2- Determine the effectiveness of acceptance and commitment treatment on death anxiety in Generalized epilepsy based on demographic variables) Education, gender, age, job) 3- Determine the effectiveness of acceptance and commitment treatment on quality of life in Generalized epilepsy based on demographic variables) Education, gender, age, job) 4- Determine the effectiveness of acceptance and commitment treatment on alpha brain wave in Generalized epilepsy based on demographic variables) Education, gender, age, job) 5- Determine the effectiveness of acceptance and commitment treatment on beta brain wave in Generalized epilepsy based on demographic variables) Education, gender, age, job)

Design

A clinical trial with group control and with one-side blind and with non-specific randomized with a sample size of 24 subjects in both experimental and control groups

Settings and conduct

In this scheme , which is carried out at the Shafa Hospital epilepsy center , a psychological method is performed collectively on epileptic patients, aimed at psychological improvement as well as changes in the brain A and B

Participants/Inclusion and exclusion criteria

1)Patients at the Epilepsy Home of Shafa Hospital in Kerman 2)Generalized epilepsy without psychological problems

Intervention groups

One of the treatments that relate to the third generation of treatments is acceptance and commitment therapy (ACT). Third-generation therapies do not attempt to change one's cognition, and the main focus of treatment is to focus on improving the psychological relationship of

an individual with his thoughts and feelings

Main outcome variables

Improve the participants psychological dimension

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190619043944N1**

Registration date: **2019-12-01, 1398/09/10**

Registration timing: **retrospective**

Last update: **2019-12-01, 1398/09/10**

Update count: **0**

Registration date

2019-12-01, 1398/09/10

Registrant information

Name

Amirhossein Mahmoodi meymand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3251 0696

Email address

kmu.nrc@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-21, 1398/03/31

Expected recruitment end date

2019-07-15, 1398/04/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of Acceptance and Commitment Therapy(ACT) on Mental Health,Death Anxiety,Quality of Life and Alpha and Beta Brain Waves in Generalized Epilepsy

Public title

The Effectiveness of Acceptance and Commitment Therapy(ACT) on psychological problems in Generalized Epilepsy

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

The benchmark for entering this treatment is have generalized epilepsy Having psychological problems mentioned age top of 18 and under 70

Exclusion criteria:

have Mental retardation Having a mental disorder according to medical records or any item that may interfere with learning There is a history of drug abuse or drug dependence

AgeFrom **18 years** old to **70 years** old**Gender**

Both

Phase

N/A

Groups that have been masked

- Participant

Sample sizeTarget sample size: **24****Randomization (investigator's opinion)**

Not randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description

Blinding is used in this method of the first type, and the research is one-side blind, and we don't say to patients that they are in which groups study, and it is not necessary to tell patients how many groups in the This study is there.

Placebo

Not used

Assignment

Parallel

Other design features

use a psychological method on neurology groups patients

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Kerman University of Medical Sciences,Deputy of Research and Technology,Neurology Research Center

Street address

22 Alley, Shafa Bolivard, Kowsar Square, Kerman, Iran

City

Kerman

Province

Kerman

Postal code

7618759639

Approval date

2019-10-21, 1398/07/29

Ethics committee reference number

IR.KMU.REC.1398.389

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

Generalized Epilepsy

ICD-10 code

G40.4

ICD-10 code description

Other generalized epilepsy and epileptic syndromes

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

Grade of general health in GHQ-28 questionnaire

Timepoint

At two section pre-test and post-test intervals that are within three months

Method of measurement

With GHQ-28 questionnaire

2**Description**

Grade of Quality of Life especially for Epilepsy QOLIF-31-P questionnaire

Timepoint

At two section pre-test and post-test intervals that are within three months

Method of measurement

Quality of Life questionnaire especially for Epilepsy QOLIF-31-P

3**Description**

Grade of Templer death anxiety questionnaire

Timepoint

At two section pre-test and post-test intervals that are

within three months
Method of measurement
Templer's death anxiety questionnaire

4

Description

Brain's alpha wavelength

Timepoint

At two section pre-test and post-test intervals that are within three months

Method of measurement

Electroencephalogram

5

Description

Brain's Beta wavelength

Timepoint

At two section pre-test and post-test intervals that are within three months

Method of measurement

Electroencephalogram

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: We perform pre-test and post-test before the treatment and then we perform a psychological treatment on our intervention group, which includes 12 sessions of treatment.

Category

Treatment - Other

2

Description

Control group: Here we have 12 people who have pre-test and post-tests, but there is no intervention to compare with the experimental group

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Research Center, Kerman University of Medical Sciences

Full name of responsible person

Hosseinali Ebrahimi Meymand

Street address

No.22,Shafa Street ,Kosar Blvd

City

Kerman

Province

Kerman

Postal code

۷۶۱۸۷۵۱۱۵۱

Phone

+98 34 3212 4727

Email

research_office@kmu.ac.ir

Web page address

http://kmu.ac.ir/fa/nrc

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences,Deputy of Research and Technology,Neurology Research Center

Full name of responsible person

Hosseinali Ebrahimi Meymand

Street address

No.22.Alley,Shafa Street ,Kosar Blvd

City

Kerman

Province

Kerman

Postal code

۷۶۱۸۷۵۱۱۵۱

Phone

+98 34 3212 4727

Email

kmu_nrc@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kerman University of Medical Sciences,Deputy of Research and Technology,Neurology Research Center

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

Kerman University of Medical Sciences

Full name of responsible person

Amirhossein Mahmoodi Meymand

Position

Master of arts student

Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No.102,alley.10.North Abozar Street,Kerman
City
Kerman
Province
Kerman
Postal code
7617874834
Phone
+34 32510696
Email
amirhosseinmahmoodi1995@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Amirhossein Mahmoodi Meymand
Position
Student master art
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No.102,Alley.10, North Abozar Street,Kerman
City
Kerman
Province
Kerman
Postal code
7617874834
Phone
+98 34 3251 0696
Fax
Email
kmu.nrc@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Amirhossein Mahmoodi Meymand
Position
Master of arts student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No.102,Alley.10, North Abozar Street,Kerman
City
Kerman

Province
Kerman
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+98 34 3251 0696
Fax
Email
kmu.nrc@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

The data obtained from the questionnaires and the Electroencephalogram(EEG) each have a score that only the individual's score in the primary variables with its secondary variables is published and does not refer to the identity of the individual.

When the data will become available and for how long

The onset of the date of access to the information is 6 months after the complete treatment and publication of the results.

To whom data/document is available

Only those who are in the field of neuroscience and neurological diseases as well as educational centers in these fields and academic fields as well as those who want to complete this plan have the right to receive data and information.

Under which criteria data/document could be used

Researchers in the field of epilepsy and aspects affecting this neurological disease, all psychologists who seek a change in the brain wave of these individuals through with psychological approach.

From where data/document is obtainable

Neurosurgical Center at Shafa Hospital, Kerman
Center of Epilepsy, Referring to neuroscience website.

What processes are involved for a request to access data/document

After 6 months of the complete process of treatment, if the person requesting the information was among the people who could provide information to him, by asking questions about the impact of this information on the scientific study process or raising his level of knowledge, Its provided to him/her,By consulting with another person who contributing in this schema .

Comments

