Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating and Comparing the Efficacy of Acceptance and Commitment Therapy and Treatment of Memory Specificity in the Elderly Group on Vulnerability Variables To Depression: Autobiographical Memory, Rumination, Sadness, Death Anxiety.

Protocol summary

Study aim
The purpose of this study is to investigate the rate of autobiographical memory and depression in the elderly by providing acceptance commitment therapy and memory specificity training (MEST).

Design
The clinical trial has conducted in three experimental and one control groups, with parallel groups, one side blind, non_specific randomized, with 12 sample sizes for each group.

Settings and conduct
The target population is depressed elderly people who are selected in an accessible manner in healing and rehabilitation centers, in 12 individuals for each groups.Before the treatment begin, the pre-test will had taken to ensure rate of depression and other variables. Then, based on the psychotherapy protocol, Acceptance And Commitment psychotherapy on the first group in 12 sessions and Memory Specific Training on the second group in 4 sessions and combination of Acceptance And Commitment therapy and Memory Specific Training on to the third group in 4 to 8 sessions is performed.

Participants/Inclusion and exclusion criteria
Having depression and having atleaste 50 years old and having psychological problems mentioned؛ Using drug.

Intervention groups
One of the interventions used in the field of depression and anxiety burnout is acceptance and commitment therapy. This therapy is one of the third wave interventions, which is based on universal consciousness (mindfulness).The tendency to behave based on the content of thoughts is called “cognitive fusion”, in which it is tried to eliminate the causes of depression that may not be helpful. “Defusion” is against the cognitive fusion, which mediates the consequences of depression, in which the visitors learn to clear their thoughts and make their actions are based on values.

Main outcome variables
Improve the participants psychological dimensions .

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190618043922N1**
Registration date: **2019-11-07, 1398/08/16**
Registration timing: **retrospective**

Last update: **2019-11-07, 1398/08/16**
Update count: **0**

Registration date
2019-11-07, 1398/08/16

Registrant information

Name
Anahita Tashk

Name of organization / entity
Shahid Bahonar University of kerman

Country
Iran (Islamic Republic of)

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atashk@uk.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-06-22, 1398/04/01

Expected recruitment end date

2019-07-16, 1398/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating and Comparing the Efficacy of Acceptance and Commitment Therapy and Treatment of Memory Specificity in the Elderly Group on Vulnerability Variables To Depression: Autobiographical Memory, Rumination, Sadness, Death Anxiety.

Public title

Investigating Efficacy of Acceptance and Commitment Therapy and Treatment of Memory Specificity on Depression.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Being over 65 years old Get a score on the Beck Depression Questionnaire Get a score on the Templar Death Anxiety Questionnaire Get a score on the Hoeksema and Marrow Rumination Questionnaire Get a score on the Beck Hopelessness Questionnaire Get a score on a Autobiographical memory test Having communication skills such as Suitable hearing and speech

Exclusion criteria:

use drug Having Alzheimer Having dementia Having psychosis

Age

From **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **12**

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-sided blind. And we do not say to patients that they are in witch groups study, and there are several groups in this study.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of kerman Neurology Research Center

Street address

No. 22, Shafa Street, Kosar Blvd

City

Kerman

Province

Kerman

Postal code

7618751151

Approval date

2019-10-30, 1398/08/08

Ethics committee reference number

IR.KMU.REC.1398.355

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

Depression grade in beck's depression test

Timepoint

Before therapy, after therapy and 2 months after theraphy

Method of measurement

Beck depression test

2

Description

Hopelessness grade in Beck's Hopelessness Scale

Timepoint

Before therapy, after therapy and 2 months after theraphy

Method of measurement

Beck Hopelessness Scale

3

Description

Death anxiety grade in Tepmler's Death anxiety questionairy

Timepoint

Before therapy, after therapy and 2 months after theraphy

Method of measurement

Tepmler Death anxiety questionairy

4

Description

Rumination grade in Hoeksema and Marrow's rumination questionnaire

Timepoint

Before therapy, after therapy and 2 months after theraphy

Method of measurement

Hoeksema and Marrow rumination questionnaire

5

Description

Autobiographical memory grade in Autobiographical memory test

Timepoint

Before therapy, after therapy and 2 months after theraphy

Method of measurement

Autobiographical memory test

Secondary outcomes

1

Description

Gender

Timepoint

Before Starting the Study

Method of measurement

patient's Remarks

2

Description

Age

Timepoint

Before Starting the Study

Method of measurement

patient's Remarks

3

Description

Education

Timepoint

Before Starting the Study

Method of measurement

patient's Remarks

Intervention groups

1

Description

First intervention group: One of the interventions used in the field of depression and anxiety burnout is acceptance and commitment therapy. This therapy is one of the third wave interventions, which is based on universal consciousness (mindfulness).The tendency to behave based on the content of thoughts is called “cognitive fusion”, in which it is tried to eliminate the causes of depression that may not be helpful. “Defusion” is against the cognitive fusion, which mediates the consequences of depression, in which the visitors learn to clear their thoughts and make their actions are based on values. This intervention will be conducted in 12 sessions (week) to the first intervention group.

Category

Treatment - Other

2

Description

Second intervention group: The MEST program consists of four 1-h weeks (sessions), offered in Intervention group for 4 consecutive weeks. The sessions are led by a single trainer (clinical psychologist).The general overarching aim of the complete program is to enhance the specificity with which participants retrieve personal events from their autobiographical memory.

Category

Treatment - Other

3

Description

Third intervention group: The intervention in this group is examines the efficacy of the treatment combination of Acceptance And Commitment therapy and Memory Specificity Training toward to independent presentation of these two treatments for 8 to 12 sessions (weekly).

Category

Treatment - Other

4

Description

Control group: Pre-test and post-test procedures done to this group, but there is no intervention on them.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurology Reserch Center of Kerman Medical Sciences University

Full name of responsible person

Hosseinali ebrahimi meymand

Street address

No. 22, Shafa Street, Kosar Blvd

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
kerman Neurology Research Center
Full name of responsible person
Hosseinali ebrahimi meymand
Street address
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City
Kerman
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Postal code
7618751151
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 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 Neurology Research Center
Full name of responsible person
Navid abedi
Position
Student master of arts
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 1, Shahrooz Building, Tohid Ave, Farhangian Township, Jahad Sq, Rasht, Guilan.
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Person responsible for scientific inquiries

Contact
Name of organization / entity
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Full name of responsible person
Hossein ali ebrahimi meymand
Position
Professor
Latest degree
Specialist
Other areas of specialty/work
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Postal code
7618751151
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hebrahimi@kmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
kerman Neurology Research Center
Full name of responsible person
Navid abedi
Position
Master art student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 1, Shahrooz Building, Tohid Ave, Farhangian Township, Jahad Sq, Rasht, Guilan.
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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

Yes - There is 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 published from the questionnaires that have only individual's score in the primary and secondary variables and does not refer to the identity of the individual.

When the data will become available and for how long

6 month after the publication of the results.

To whom data/document is available

There is no limit.

Under which criteria data/document could be used

There is no limit. Anyone can access the data.

From where data/document is obtainable

kerman Neurology Research Center

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

By sending a mail that contain the study data request.

Comments