

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of the effectiveness of guided subjective imaginary and acceptance and commitment based therapy on the perception of disease, resilience and emotional regulation of cardiac patients referring to the heart rehabilitation department

#### Protocol summary

##### Study aim

Evaluation of the effectiveness of guided subjective imaginary and acceptance and commitment based therapy on the perception of disease, resilience and emotional regulation (positive and negative) of cardiac patients referring to the heart rehabilitation department

##### Design

This is a randomized clinical trial with 2 intervention groups, a control group, parallel groups with simple randomization. The sample size is 45.

##### Settings and conduct

45 patients are selected from the patients referring to heart rehabilitation department of Imam Reza hospital and are assigned to 3 groups of acceptance and commitment based therapy, guided subjective imaginary therapy and control with no treatment. All groups go through a pre-test and complete resilience, perception of disease and emotional regulation questionnaires. After the intervention, the post-test stage is done for the three groups. In the follow up stage after one month, the questionnaires are completed by the three groups again.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Having cardiac disease. Exclusion criteria: Having psychological diseases, Using psychological drugs, Having mental illnesses, Addiction to drugs and alcohol.

##### Intervention groups

Intervention group 1: Fifteen patients are randomly assigned to the guided subjective imaginary therapy group in which intervention is done through 10 sessions of one-hour treatment twice a week with Simonton package (2000) for 40 days Intervention group 2: Fifteen patients are randomly assigned to the acceptance and commitment based therapy group in which intervention is done through 8 sessions of one-hour treatment twice a week with Sahebi package (2012) for one month Control

group: Fifteen patients are randomly assigned to the control group in which no treatment takes place.

##### Main outcome variables

Patient resilience, perception of disease, emotional regulation

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190727044345N1**

Registration date: **2019-09-17, 1398/06/26**

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

Last update: **2019-09-17, 1398/06/26**

Update count: **0**

##### Registration date

2019-09-17, 1398/06/26

##### Registrant information

##### Name

Abbasali Shahabi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3891 4990

##### Email address

shahabaa1@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-08-06, 1398/05/15

**Expected recruitment end date**

2019-11-21, 1398/08/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the effectiveness of guided subjective imaginary and acceptance and commitment based therapy on the perception of disease, resilience and emotional regulation of cardiac patients referring to the heart rehabilitation department

**Public title**

Effectiveness of some psychological therapies on psychological recovery of cardiac patients

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Having cardiac disease Having a minimum of diploma degree

**Exclusion criteria:**

Having psychological disease Using psychological drugs  
Having mental illnesses such as epilepsy and Alzheimer's  
Addiction to drugs and alcohol

**Age**

From **30 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **45**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple randomization is carried out using table of random at 'www.randomization.com' website in a way that the produced numbers are placed inside sealed envelopes and once patients enter the study, envelopes are assigned to them which put them in one of the groups.

**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 Azad University Of Ahvaz

**Street address**

Azad University Of Ahvaz, Farhang Shahr, Golestan highway

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

۶۱۳۴۹-۳۷۳۳۳

**Approval date**

2019-07-16, 1398/04/25

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1398.012

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

Cardiac disease patients

**ICD-10 code**

Z50.0

**ICD-10 code description**

Cardiac rehabilitation

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

Patients resilience

**Timepoint**

Before and after intervention (pre and post test) and also in the follow up stage one month after intervention

**Method of measurement**

Conner-Davidson Resilience Scale

**2****Description**

Perception of disease

**Timepoint**

Before and after intervention (pre and post test) and also in the follow up stage one month after intervention

**Method of measurement**

Disease perception questionnaire

**3****Description**

Cognitive emotional regulation

**Timepoint**

Before and after intervention (pre and post test) and also in the follow up stage one month after intervention

**Method of measurement**

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group 1: Patients in acceptance and commitment-based therapy group receive 8 sessions of one-hour treatment twice a week with Sahebi treatment package for one month which includes a psychological intervention that implements acceptance and awareness along with commitment and behavior change guidelines in order to increase psychological flexibility in patients.

#### Category

Treatment - Other

### 2

#### Description

Intervention group 2: Patients in the guided subjective imaginary therapy group receive 10 sessions of one-hour treatment twice a week with Simonton package (2000) which for 40 days incorporates mental practices for mental acceptance of presence of health and occurrence of recovery in body and use of imagination to produce scenes, sounds, smells, and tastes or other senses which provide a type of purposeful view.

#### Category

Treatment - Other

### 3

#### Description

Control group: No treatment is used for this group in the study.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Reza Hospital

##### Full name of responsible person

Abbas Ali Shahabi

##### Street address

Imam Reza Hospital, Imam Reza square, Ebn\_e\_sina Avenue

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

9137913316

##### Email

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Dr Hossein Matori

##### Street address

Islamic Azad University of Persian Gulf International branch, daneshgah St. Minoo Shahr.

##### City

Khoramshahr

##### Province

Khouzestan

##### Postal code

6437113378

##### Phone

+98 61 5337 3081

##### Email

pazhoohesh97@yahoo.com

#### Grant name

#### 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

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

Islamic Azad University

##### Full name of responsible person

Abbasali shahabi

##### Position

Student of PhD

##### Latest degree

Master

##### Other areas of specialty/work

Psychology

##### Street address

Islamic Azad University of Persian Gulf International branch, daneshgah St. Minoo Shahr.

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##### Province

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**Postal code**

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**Email**

dr.shahabi20@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Parvin Ehteshamzadeh

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Abbasali Shahabi

**Position**

Student of PhD

**Latest degree**

Master

**Other areas of specialty/work**

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**Phone**

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**Email**

dr.shahabi20@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**

Undecided - It is not yet known if there will be 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**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

All data can be shared after patients are made unidentifiable.

**When the data will become available and for how long**

Data can be accessible 6 months after results are published.

**To whom data/document is available**

Data will be available for researchers in universities and other scientific institutes.

**Under which criteria data/document could be used**

Carrying out analysis on data is permitted.

**From where data/document is obtainable**

Data can be accessible through sending an email to the corresponding author.

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

After sending a request email to the corresponding author, data will be sent in 1 month.

**Comments**