

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The effect of Acceptance and Commitment Therapy (ACT) on Mindfulness Skills , Thought Suppression , Thought Control , Inflexibility , And Valued living Among HIV Infected patients .

#### Protocol summary

##### Summary

This study is conducted to determine the effectiveness of Acceptance and Commitment Therapy (ACT) on mindfulness skills, thought suppression, thought control, inflexibility and valued living in patients with AIDS in Tehran. A Pretest-Posttest, two-group, quasi-experimental design is used as the research method. The study population consist of AIDS patients who referred to the clinic of research center for HIV/AIDS and sexually transmitted diseases in Imam Khomeini hospital in fall/winter 2015-16, of which 30 volunteers ( who meet the inclusion criteria, consist of: being HIV positive and consent to participate; being in age range of 30 to 58 years old) are selected and randomly divide into control and experimental groups. The questionnaire of Kentucky Inventory of Mindfulness Skills (used by Baer et al., 2004), the questionnaire of thought suppression (used by Schmidt et al., 2009), thought control questionnaire (used by Luciano et al., 2009), the inflexibility questionnaire (used by Bond et al., 2003) and valued living questionnaire (used by Wilson et al., 2010), are applied as the research tools. Data will be analyzed by Statistical Package for the Social Sciences (SPSS ver. 21).

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201509224076N17**  
Registration date: **2015-11-02, 1394/08/11**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-11-02, 1394/08/11

#### Registrant information

##### Name

Minoo Mohraz

##### Name of organization / entity

Iranian Research Center for HIV/AIDS, Tehran  
University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6694 7984

##### Email address

minoomohraz@ams.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Vice chancellor for research, Tehran university of medical sciences

#### Expected recruitment start date

2015-09-23, 1394/07/01

#### Expected recruitment end date

2016-03-17, 1394/12/27

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of Acceptance and Commitment Therapy (ACT) on Mindfulness Skills , Thought Suppression , Thought Control , Inflexibility , And Valued living Among HIV Infected patients .

#### Public title

The effect of Acceptance and Commitment Therapy on HIV Infected patients

#### Purpose

Treatment

### **Inclusion/Exclusion criteria**

Inclusion criteria: being HIV positive and consent to participate; being in age range of 30 to 58 years old.

Exclusion criteria: Participants are excluded if they do not meet the inclusion criteria

### **Age**

From **30 years** old to **58 years** old

### **Gender**

Both

### **Phase**

2

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **30**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

### **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 Tehran University of Medical Sciences

##### **Street address**

Central building of TUMS, Ghods St, Keshavarz Blvd, Valiasr Sq Tehran Iran, Islamic Republic Of

##### **City**

Tehran

##### **Postal code**

##### **Approval date**

2015-06-28, 1394/04/07

##### **Ethics committee reference number**

IR.TUMS.REC.1394.276

## **Health conditions studied**

### 1

#### **Description of health condition studied**

HIV AIDS

#### **ICD-10 code**

B24

#### **ICD-10 code description**

Human immunodeficiency virus [HIV] disease resulting in

infectious and parasitic diseases

## **Primary outcomes**

### 1

#### **Description**

Mindfulness Skills

#### **Timepoint**

Before intervention and 6 months after intervention

#### **Method of measurement**

The questionnaire of Kentucky Inventory of Mindfulness Skills

## **Secondary outcomes**

### 1

#### **Description**

Thought Suppression

#### **Timepoint**

Before intervention and 6 months after intervention

#### **Method of measurement**

The questionnaire of thought suppression (used by Schmidt et al.)

### 2

#### **Description**

Thought Control

#### **Timepoint**

Before intervention and 6 months after intervention

#### **Method of measurement**

Thought control questionnaire (used by Luciano et al.)

### 3

#### **Description**

Inflexibility

#### **Timepoint**

Before intervention and 6 months after intervention

#### **Method of measurement**

The inflexibility questionnaire (used by Bond et al.)

### 4

#### **Description**

Valued living

#### **Timepoint**

Before intervention and 6 months after intervention

#### **Method of measurement**

Valued living questionnaire (used by Wilson et al.)

## **Intervention groups**

### 1

#### **Description**

Intervention group: This study is conducted to determine the effectiveness of Acceptance and Commitment Therapy (ACT) on mindfulness skills, thought suppression, thought control, inflexibility and valued

living in patients with AIDS in Tehran. A Pretest-Posttest, two-group, quasi-experimental design is used as the research method. The study population consist of AIDS patients who referred to the clinic of research center for HIV/AIDS and sexually transmitted diseases in Imam Khomeini hospital in fall/winter 2015-16, of which 30 volunteers ( who meet the inclusion criteria, consist of: being HIV positive and consent to participate; being in age range of 30 to 58 years old) are selected and randomly divide into control and experimental groups. The questionnaire of Kentucky Inventory of Mindfulness Skills (used by Baer et al., 2004), the questionnaire of thought suppression (used by Schmidt et al., 2009), thought control questionnaire (used by Luciano et al., 2009), the inflexibility questionnaire (used by Bond et al., 2003) and valued living questionnaire (used by Wilson et al., 2010), are applied as the research tools.

#### Category

Treatment - Other

## 2

#### Description

Control group: there are not any intervention in this group

#### Category

Treatment - Other

## Recruitment centers

## 1

#### Recruitment center

##### Name of recruitment center

Triangular clinic for sexual and behavioral disease.

##### Full name of responsible person

Minoos Mohraz

##### Street address

Iranian Research Center for HIV/AIDS, Imam Hospital. Keshavarz Blvd Tehran

##### City

Tehran

## Sponsors / Funding sources

## 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Tehran university of medical sciences

##### Full name of responsible person

Dr Younesian

##### Street address

Ghods Avn , Keshavarz Blvd Tehran, Iran, Islamic Republic O

##### City

Tehran

#### 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, Tehran university of medical sciences

#### Proportion provided by this source

100

#### Public or private sector

empty

#### Domestic or foreign origin

empty

#### Category of foreign source of funding

empty

#### Country of origin

#### Type of organization providing the funding

empty

## Person responsible for general inquiries

#### Contact

##### Name of organization / entity

Iranian research Center for HIV AIDS (IRCHA)

##### Full name of responsible person

Minoos Mohraz MD

##### Position

Head of IRCHA

##### Other areas of specialty/work

##### Street address

Iranian research Center for HIV AIDS (IRCHA), Imam Hospital, Keshavarz BLVD , Valiasr Sq Tehran Iran, Islamic Republic Of

##### City

Tehran

##### Postal code

##### Phone

+98 21 6694 7984

##### Fax

##### Email

ircha@tums.ac.ir

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Iranian research center for HIV AIDS

##### Full name of responsible person

Minoos Mohraz MD

##### Position

Professor

##### Other areas of specialty/work

##### Street address

Iranian research center for HIV AIDS, Imam Hospital, Keshavarz BLVD , Valiasr Sq Tehran Tehran Iran, Islamic Republic Of

##### City

Tehran

##### Postal code

##### Phone

+98 21 6658 1583

##### Fax

##### Email

ircha@tums.ac.ir

**Web page address**

+98 21 6658 1583

**Fax**

**Email**

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

Iranian Research Center for HIV/AIDS

**Full name of responsible person**

Farzaneh Vakil Ghahani

**Position**

Msc

**Other areas of specialty/work**

**Street address**

Iranian research center for HIV AIDS, Imam Hospital,  
Keshavarz BLVD , Valiasr Sq Tehran Tehran Iran,  
Islamic Republic Of

**City**

Tehran

**Postal code**

**Phone**

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*