

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Sep 2026

Effectiveness of acceptance and commitment therapy on reducing depression among people living with HIV/AIDS

Protocol summary

Summary

The aim of the current study is determining the effectiveness of Acceptance and Commitment Therapy (ACT) on depression among HIV/AIDS patients. This quasi-experimental study is performed using pretest-posttest with the experimental and control groups. The study population consist of all HIV/AIDS patients referring to Imam Khomeini hospital in 2016. Twenty four patients will be selected by convenience sampling method and randomly assigned to the experimental and control groups based on inclusion criteria (containing: HIV positive patients; age between 20-65 years; getting at least 14 scores in the Beck Depression Inventory (BDI-II); having mild depression). Participants will be excluded from the study if they do not complete the therapy sessions. The experimental group (n=12) receive eight training sessions of ACT that each session lasts 60 minutes. The control group receives no intervention. Main outcome variable is depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201701304076N20**

Registration date: **2017-08-07, 1396/05/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-07, 1396/05/16

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

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University, Central Tehran Branch

Expected recruitment start date

2016-04-19, 1395/01/31

Expected recruitment end date

2016-05-09, 1395/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of acceptance and commitment therapy on reducing depression among people living with HIV/AIDS

Public title

Effect of acceptance and commitment therapy on depression

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: HIV positive patients; age between 20-65 years; getting at least 14 scores in the Beck Depression Inventory (BDI-II); having mild depression.
Exclusion criteria: Not completing the therapy sessions.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 24

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 Islamic Azad University Tehran
Medical Branch

Street address

Tehran Medical Branch, Islamic Azad University,
Khaghani St, Shariati Ave, Tehran, Iran

City

Tehran

Postal code

Approval date

2017-07-26, 1396/05/04

Ethics committee reference number

IR.IAU.TMU.REC.1396.74

Health conditions studied

1

Description of health condition studied

HIV/AIDS

ICD-10 code

B24

ICD-10 code description

Unspecified human immunodeficiency virus [HIV] disease

2

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Depression

Timepoint

Before intervention, after intervention

Method of measurement

Beck Depression Inventory (BDI-II)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group participants receive eight training sessions of ACT that each session lasts 60 minutes. In summary, Goals of therapy sessions include: session 1) Making therapeutic relationship, Introducing the creative hopelessness. session 2) Helping clients recognize the dysfunctional control strategies and finding out the futility of them, Explaining differences between clean and dirty discomfort. session 3) Discussing about "Control is the problem, not the solution", Introducing the acceptance (willingness) concept. session 4) Training mindfulness practices, Introducing the cognitive defusion. session 5) Continuing mindfulness practices, Introducing the conceptualized self and self as context. session 6) Continuing mindfulness practices, Introducing the value concept. session 7) Continuing mindfulness practices, Identifying goals and behavior models for reaching values. session 8) Continuing mindfulness practices, Emphasizing the committed action, Summarizing group therapy sessions.

Category

Behavior

2

Description

Control group: There is no intervention for control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Positive Club

Full name of responsible person

Matin Faezipour

Street address

Imam Khomeini Hospital, Keshavarz BLVd

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University,
Central Tehran Branch

Full name of responsible person

Nader Beygzadeh

Street address

Building No.2, Valiasr complex, Next to Buali Hospital,
Damavand St, Imam Hossein Sq.

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, Islamic Azad University,
Central Tehran Branch

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**

Islamic Azad University, Central Tehran Branch

Full name of responsible person

Matin Faezipour

Position

Master of science

Other areas of specialty/work**Street address**

Faculty of Psychology and Educational Sciences,
Valiasr complex, Next to Buali Hospital, Damavand St,
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Person responsible for scientific

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Assistant Professor

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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

