

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Examining the Effectiveness of the Acceptance and Commitment Therapy Matrix for Health Behaviors on Obese People

Protocol summary

Study aim

Examining the Effectiveness of the Acceptance and Commitment Therapy Matrix for Health Behaviors on Obese People

Design

Multiple Baseline Design Across Individuals with Follow-up

Settings and conduct

The study was conducted on four obese people. These people were selected via consecutive sampling and randomly assigned in four series with different baseline phase Length (3 to 6 weeks). The self-report assessments in the baseline phase were conducted weekly, in the intervention phase were conducted before session 3, session 5, session 7, session 9, session 11, and after session 12, and in the follow-up phase were conducted one and three months after the intervention. The intervention and assessment were conducted online.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: People aged 18-50; BMI ≥ 30 ; Diploma and higher education Exclusion Criteria: suffering from mood disorders; suffering from anxiety disorders; suffering from eating disorders; using psychiatric drugs and/or fat burner supplements; suffering from cardiovascular disease; suffering from diabetes; suffering from thyroid problems; suffering from respiratory problems; suffering from gastroenteric problems; receiving psychotherapy or another program for weight loss; Pregnancy; Planning for pregnancy; Menopause; Dietary Choices (DC) subscale score > 1.2 ; Physical Activity (PA) subscale score > 1.2

Intervention groups

Four people with obesity were received individually Acceptance and Commitment Therapy Matrix intervention for health behaviors.

Main outcome variables

Healthy Eating Behavior; Exercise Behavior

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191102045309N1**

Registration date: **2021-10-13, 1400/07/21**

Registration timing: **retrospective**

Last update: **2021-10-13, 1400/07/21**

Update count: **0**

Registration date

2021-10-13, 1400/07/21

Registrant information

Name

Saman Nonahal

Name of organization / entity

Kharazmi University

Country

Iran (Islamic Republic of)

Phone

+98 17 3252 6398

Email address

nonahal.saman@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-21, 1399/04/01

Expected recruitment end date

2020-07-05, 1399/04/15

Actual recruitment start date

2020-06-21, 1399/04/01

Actual recruitment end date

2020-07-05, 1399/04/15

Trial completion date

2020-10-26, 1399/08/05

Scientific title

Examining the Effectiveness of the Acceptance and Commitment Therapy Matrix for Health Behaviors on Obese People

Public title

Examining the Effectiveness of the Acceptance and Commitment Therapy Matrix on Health Behaviors

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

People aged 18-50 Body Mass Index (BMI) $\geq$ 30 Diploma and higher education

Exclusion criteria:

suffering from mood disorders suffering from anxiety disorders suffering from eating disorders using psychiatric drugs and/or fat burner supplements suffering from cardiovascular disease suffering from diabetes suffering from thyroid problems suffering from respiratory problems suffering from gastroenteric problems receiving psychotherapy or other program for weight loss Pregnancy Planning for pregnancy Menopause Dietary Choices (DC) subscale score > 1.2 Physical Activity (PA) subscale score > 1.2

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **4**

Actual sample size reached: **4**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kharazmi University

Street address

No.43, South Mofatteh Ave.

City

Tehran

Province

Tehran

Postal code

15719-14911

Approval date

2020-05-26, 1399/03/06

Ethics committee reference number

IR.KHU.REC.1399.006

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

Healthy Eating Behavior Score in the Weight Control Strategies Scale

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Dietary Choices subscale in the Weight Control Strategies Scale

2

Description

Exercise Behavior Score in the Weight Control Strategies Scale

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Physical Activity subscale in the Weight Control Strategies Scale

Secondary outcomes

1

Description

Emotional Eating Score in the Three Factor Eating Questionnaire-R18

Timepoint

3-6 times weekly during the baseline phase, before

session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Emotional Eating subscale in the Three Factor Eating Questionnaire-R18

2

Description

External Eating Score in the Dutch Eating Behaviour Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

External Eating subscale in the Dutch Eating Behaviour Questionnaire

3

Description

Food Craving Acceptance Score in the Food Craving Acceptance and Action Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Acceptance subscale in the Food Craving Acceptance and Action Questionnaire

4

Description

Healthy Eating with Willingness Score in the Food Craving Acceptance and Action Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Willingness subscale in the Food Craving Acceptance and Action Questionnaire

5

Description

Physical Activity Acceptance Score in the Physical Activity Acceptance Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the

follow-up phase

Method of measurement

Cognitive Acceptance subscale in the Physical Activity Acceptance Questionnaire

6

Description

Physical Activity Commitment Score in the Physical Activity Acceptance Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Behavioral Commitment subscale in the Physical Activity Acceptance Questionnaire

7

Description

Self-Compassion Score in the Self-Compassion Scale

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Self-Compassion Scale

8

Description

Valued Living Score in the Valuing Questionnaire

Timepoint

3-6 times weekly during the baseline phase, before session 3, session 5, session 7, session 9, session 11, and after session 12 during the intervention phase, and one and three months after the intervention during the follow-up phase

Method of measurement

Valuing Questionnaire

Intervention groups

1

Description

Intervention group: In a multiple baseline design across individuals with follow-up, four obese people participated. The 12 session intervention was conducted weekly, individually, and online. The intervention was developed based on the six-step approach of the Acceptance and Commitment Therapy Matrix.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Instagram

Full name of responsible person

Saman Nonahal

Street address

-

City

-

Province

Golestan

Postal code

-

Phone

+98 17 3252 9260

Email

Nonahal.Saman@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kharazmi University

Full name of responsible person

jamshid shanbehzadeh

Street address

Floor 10, No.43, Bldg 11, South Mofatteh Ave.

City

Tehran

Province

Tehran

Postal code

۳۷۵۵۱-۳۱۹۷۹

Phone

+98 21 8607 0779

Email

research@khu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kharazmi 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

Kharazmi University

Full name of responsible person

Saman Nonahal

Position

psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Floor 2, Farda Bldg, Neshat 4 alley, Edalat 81 Ave

City

Gorgan

Province

Golestan

Postal code

4917838991

Phone

+98 17 3252 9260

Email

Nonahal.Saman@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kharazmi University

Full name of responsible person

Saman Nonahal

Position

psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Floor 2, Farda Bldg, Neshat 4 alley, Edalat 81 Ave

City

Gorgan

Province

Golestan

Postal code

4917838991

Phone

+98 17 3252 9260

Email

Nonahal.Saman@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kharazmi University

Full name of responsible person

Saman Nonahal

Position

psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Floor 2, Farda Bldg, Neshat 4 alley, Edalat 81 Ave

City

Gorgan

Province

Golestan

Postal code

4917838991

Phone

+98 17 3252 9260

Email

Nonahal.Saman@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

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

After deleting the confidential information, participants' data file in this study, including demographic and intervention information, is sharing with other researchers and practitioners.

When the data will become available and for how long

Access period starts 3 months after publishing the results

To whom data/document is available

The data is only available to colleagues and other researchers and practitioners.

Under which criteria data/document could be used

The data can be used for publication in scientific journals. Researchers are not allowed to do any analysis, and they can only view and receive the data. Researchers are also required to make a written commitment not to publish the data file.

From where data/document is obtainable

Send an email to Saman Nonahal:
Nonahal.Saman@gmail.com

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

After sending an email to Saman Nonahal, confirming the identity of the applicant, and the final confirmation of the colleagues, the data will be sent to them. The approximate time will be 2 to 3 months

Comments