

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Efficacy of Acceptance and Commitment Therapy (ACT) on severity of Internet Gaming Disorder in 13-18 years old adolescents comorbid with ADHD

Protocol summary

Study aim

Evaluation of the effectiveness of ACT psychological therapy on the severity of symptoms of IGD comorbid with ADHD

Design

In this randomized clinical trial with parallel groups, 40 patients were randomly divided into two groups of 20 (case and control). After obtaining informed consent, a demographic questionnaire will be completed for each patient. After reaching the patients to number of 16 (equivalent to 2 groups of 8 individuals), each individual is assigned a specific code by permuted block randomization method and thus individuals are assigned to the intervention and control groups.

Settings and conduct

Adolescents between 13-18 years old with ADHD (under treatment of Ritalin from at least 3 months ago) and IGD are included in the study. For each person, the IGD questionnaire is filled by a psychiatrist before and after the treatment. The score of this questionnaire is considered as an indicator of severity of IGD and is compared for each individual before and after treatment. ACT psychotherapy sessions are held at Kargarnejad Hospital in Kashan.

Participants/Inclusion and exclusion criteria

Entry requirements: Adolescents with IGD aged 13-18 years who are comorbid with ADHD. Exclusion criteria: Receive other psychological treatment in the last year and time of research. Other psychiatric disorders other than ADHD. Psychosis. Mental disability. Thoughts and attempted suicide and homicide.

Intervention groups

Patients in the intervention group will receive ACT psychotherapy as part of their weekly group sessions (8 person per group) for 8 weeks as they receive ADHD medication. Patients in the control group are treated with ADHD medication and for IGD, psychoeducation is

performed on the patient and his family.

Main outcome variables

Severity of Internet Games Disorder Using IGDS-SF9 Questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200118046168N1**

Registration date: **2020-02-01, 1398/11/12**

Registration timing: **registered_while_recruiting**

Last update: **2020-02-01, 1398/11/12**

Update count: **0**

Registration date

2020-02-01, 1398/11/12

Registrant information

Name

Fahimeh Moghaddas

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 5558 2655

Email address

moghaddas-f@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-08, 1398/10/18

Expected recruitment end date

2020-05-20, 1399/02/31

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Efficacy of Acceptance and Commitment Therapy (ACT) on severity of Internet Gaming Disorder in 13-18 years old adolescents comorbid with ADHD

Public title
efficacy of ACT treatment on severity of internet gaming disorder

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Adolescents between 13-18 years old Internet gaming disorder ADHD
Exclusion criteria:
Receive other psychological treatment interventions in the last year and time of research Psychiatric comorbidities other than ADHD Psychosis Mental disability Thoughts and attempted suicide and homicide

Age
From **13 years** old to **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
After diagnosis of psychiatric disorders and evaluation of inclusion and exclusion criteria, and after reaching 16 persons, each individual is assigned a unique code by permuted block randomization method and thus individuals are assigned to intervention and control 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 Kashan University of Medical Sciences

Street address

kargarnejad hospital, end of Parastar Blvd, Ghotb ravandi Blvd, Kashan

City

Kashan

Province

Isfahan

Postal code

8715981151

Approval date

2020-01-07, 1398/10/17

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1398.121

Health conditions studied

1

Description of health condition studied

Internet Gaming Disorder

ICD-10 code

6C51.0

ICD-10 code description

Gaming Disorder, predominantly online

Primary outcomes

1

Description

IGDS-SF9 questionnaire severity score for internet gaming disorder

Timepoint

Measurement of severity of internet gaming disorder before intervention, at the end of intervention and one month after intervention

Method of measurement

Internet Gaming Disorder Scale-Short-Form 9 questionnaire (IGDS-SF9)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: These patients will receive ACT psychotherapy as part of weekly group sessions for 8 weeks while receiving ritalin medication (at a dose that has been stable for at least three months) and psychoeducation for IGD. These ACT sessions are run by a child and adolescent clinical psychologist trained in the field.

Category

Treatment - Other

2

Description

Control group: these patients undergo psychoeducation for IGD while receiving Ritalin (at a dose that has been stable for at least three months).

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kargarnejad Hospital

Full name of responsible person

Fahimeh Moghaddas

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Reza Banafsheh

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kashan University of Medical Sciences

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

Kashan University of Medical Sciences

Full name of responsible person

Fahimeh Moghaddas

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data**Contact****Name of organization / entity**

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Position

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Medical doctor

Other areas of specialty/work

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

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable