

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The Comparison of The effectiveness of Acceptance and commitment therapy(ACT) and cognitive psycho rehabilitation (CPRT) on psychological well-being and self-efficacy of low vision students

Protocol summary

Study aim

The Comparison of The effectiveness of Acceptance and commitment therapy(ACT) and cognitive psycho rehabilitation (CPRT) on psychological well-being and self-efficacy of low vision students

Design

A randomized controlled clinical trial with parallel groups, Randomized block, sample size 45 (15 persons per group)

Settings and conduct

Both groups completed self-efficacy and psychological well-being questionnaires before beginning the sessions and obtaining permission. Experimental group A (Acceptance and Commitment Therapy) and experimental group B (Cognitive Rehabilitation) were trained weekly in high school students respectively.

Participants/Inclusion and exclusion criteria

Inclusion criteria included secondary education and partially sighted. Exclusion criteria were diseases that lead to hospitalization, absence of more than two sessions in therapeutic sessions and the occurrence of major stress from unforeseen events.

Intervention groups

In the first group, acceptance and commitment based therapy, in the second group cognitive rehabilitation and in the third group no intervention will be performed.

Main outcome variables

self-efficacy and psychological well-being

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200223046596N1**

Registration date: **2020-03-17, 1398/12/27**

Registration timing: **retrospective**

Last update: **2020-03-17, 1398/12/27**

Update count: **0**

Registration date

2020-03-17, 1398/12/27

Registrant information

Name

Miroun Mousavi Tilehbeni

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4490 0143

Email address

m.mousavi@iaukishint.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-15, 1398/09/24

Expected recruitment end date

2020-03-11, 1398/12/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison of The effectiveness of Acceptance and commitment therapy(ACT) and cognitive psycho rehabilitation (CPRT) on psychological well-being and self-efficacy of low vision students

Public title

The Comparison of The effectiveness of Acceptance and commitment therapy(ACT) and cognitive psycho

rehabilitation (CPRT) on psychological well-being and self-efficacy of low vision students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Educating in in Tehran secondary schools partially sighted

Exclusion criteria:

Diseases that lead to hospitalization Absence of more than two sessions in therapeutic sessions The occurrence of major stress from unforeseen events

Age

No age limit

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

The block randomization method is performed by the statistical consultant as follows: randomization is performed in three groups: Acceptance and Commitment therapy, cognitive psycho rehabilitation and control: First, a list of eligible individuals is provided and coded. In block randomization, the number of participants in all groups will be very close together by making blocks of sequences so that the same number of participants are assigned to study groups within each group. We first code the groups in Latin letters as follows: A = Acceptance and Commitment therapy, B = cognitive psycho rehabilitation, and C control group In this study with three groups A, B and C we create the following six groups and assign 1 to 6 each: ABC-ACB-BAC-BCA-CAB-CBA Then, using the random number table, we choose one of these blocks whenever the numbers 1, 2, 3, 4, 5, 6 appear, and if the other number appears, consider null and go to the next choice. . In fact, we have obtained a random sequence of numbers with a random number table that we consider the order of assignment for each number. This way the number of people in the groups will be approximately equal.

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 Hormozgan University Of Medical Sciences

Street address

No. 64, Janbazan Ave., North Karegar Street

City

Tehran

Province

Tehran

Postal code

1437697419

Approval date

2019-12-07, 1398/09/16

Ethics committee reference number

IR.HUMS.REC.1398.332

Health conditions studied

1

Description of health condition studied

partially sighted

ICD-10 code

H54

ICD-10 code description

Blindness and low vision

Primary outcomes

1

Description

Psychological Well-being

Timepoint

Measurement will be done in pre-test, post-test and follow-up three months after post-test

Method of measurement

Ryff Psychological Well-being Scale

2

Description

Self-efficacy

Timepoint

Measurement will be done in pre-test, post-test and follow-up three months after post-test

Method of measurement

Schwartz & Jeroselm Self-efficacy Questionnaire (1995)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: In the present study, the purpose of cognitive rehabilitation therapy is 12 sessions based on cognitive rehabilitation intervention that were held twice weekly (for one month and a half) and each session for 45 minutes.

Category

Treatment - Other

2

Description

Intervention group II: Acceptance and commitment therapy and a 90-minute 9-session treatment plan twice a week (for a month and a half) based on ACT Hayes (2004) protocol and designed as a group experimental group subjects are provided.

Category

Treatment - Other

3

Description

Control group: No Intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Secondary schools in Tehran

Full name of responsible person

Miroun Mousavi Tolebani

Street address

No 1., Block 6, Phase 6, Tehran University Town

City

Tehran

Province

Tehran

Postal code

1414616183

Phone

+98 21 8839 6380

Email

m.mousavi@iaukishint.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Alireza Roosta

Street address

Islamic Azad University of Kish International Branch,
Free Zone Organization Square, Sana'i Boulevard,

Kish Island.

City

Tehran

Province

Tehran

Postal code

7941775883

Phone

+98 76 4442 2720

Email

Info@iaukishint.ac.ir

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

Miroun Mousavi Tilehbeni

Position

Ph.D student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Tehran - 12 km Special Road - Karaj University of

Tehran - Phase 6 - Block 6 - Unit 1

City

Tehran

Province

Tehran

Postal code

1414616183

Phone

+98 21 4490 0143

Fax

Email

M.Mousavi@iaukishint.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

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Position

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Fax**Email**

M.Mousavi@iaukishint.ac.ir

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Phone

+98 21 4490 0143

Fax**Email**

M.Mousavi@iaukishint.ac.ir

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

Only part of the data, such as information about the main outcome or the like, can be shared.

When the data will become available and for how long

Start of access period 6 months after printing results

To whom data/document is available

The data will be available only to researchers working in academic and scientific institutions

Under which criteria data/document could be used

Any type of analysis on the data delivered is permitted

From where data/document is obtainable

Miroun Mousavi Tilebani No 1., Block 6, Phase 6, Tehran University Town +98 21 8839 6380

What processes are involved for a request to access data/documentThe request will be sent by email to:
m.mousavi@iaukishint.ac.ir**Comments****Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Miroun Mousavi Tilehbeni

Position

Ph.D student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Tehran - 12 km Special Road - Karaj University of

Tehran - Phase 6 - Block 6 - Unit 1

City

Tehran

Province