

# 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**

Miroun Mousavi Tilehbeni

**Position**

Ph.D student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

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M.Mousavi@iaukishint.ac.ir

**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

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**Province**

Tehran

**Postal code**

1414616183

**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/document**The request will be sent by email to:  
m.mousavi@iaukishint.ac.ir**Comments**