Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Nov 2026

Comparing the Effectiveness of Acceptance and Commitment Therapy with Mindfulness based Cognitive Therapy, on Emotional Self-Control, Emotional flexibility and the Valued Living in Women with Compulsive Buying

Protocol summary

Study aim

Comparing the Effectiveness of Acceptance and Commitment Therapy with Mindfulness based Cognitive Therapy, on Emotional Self-Control, Emotional flexibility and the Valued Living in Women with Compulsive Buying

Design

The women with buying compulsion will be randomly placed in three parallel groups. Sample size of 15 people will be determined for each independent variable . Clinical trial intervention will be of pre- test & post- test type with control group.

Settings and conduct

The participants will complete the informed consent form.And Then, emotional self-control (Tanjney, 2004), emotional flexibility (Taghizadeh and Mohebbipour, 2016) and the valued living (Wilson, 2010)Questionnaires will be performed.They will be present at a specific time and place. Acceptance and Commitment Therapy (ACT) and Mindfulness based cognitive therapy (MBCT) will be performed in each group for 8 sessions over two months.Finally, the post test will be taken

Participants/Inclusion and exclusion criteria

Inclusion criteria : having at least a diploma degree ، being a compulsive buyer based on Faber and O'guinn 's 7 question revised version questionnaire according to the cut off point. Exclusion criteria: physical and mental illness and medication taking

Intervention groups

Protocols of Acceptance and Commitment Therapy (ACT) and Mindfulness-Based Cognitive Therapy (MBCT) will be applied to the experimental groups for 8 two- hour sessions in a period of two months, while The control group will not receive any treatment.

Main outcome variables

1. Emotional Self-Control 2.Emotional Flexibility 3.The Valued Living

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200529047595N1**
Registration date: **2020-08-20, 1399/05/30**
Registration timing: **retrospective**

Last update: **2020-08-20, 1399/05/30**
Update count: **0**

Registration date

2020-08-20, 1399/05/30

Registrant information

Name

Roya sadat Danesh Mirkohan

Name of organization / entity

Islamic Azad University Ardabil Branch

Country

Iran (Islamic Republic of)

Phone

+98 13 3324 2304

Email address

mirkohan.2007@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-22, 1398/09/01

Expected recruitment end date

2020-08-02, 1399/05/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the Effectiveness of Acceptance and Commitment Therapy with Mindfulness based Cognitive Therapy, on Emotional Self-Control, Emotional flexibility and the Valued Living in Women with Compulsive Buying

Public title
Comparing the Acceptance and Commitment Therapy with Mindfulness based Cognitive Therapy in Women with Compulsive Buying

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Being a Compulsive Buyer Age of 20 -45 Female
Exclusion criteria:
Medication taking Physical and mental illness

Age
From **20 years** old to **45 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
Each subject in this study will be assigned a number (from one to 45) and numbers of 1 to 45 will be written on 45 pieces of paper and after folding, they will be placed in one envelope. Meanwhile, on 15 pieces of paper the word "ACT" , on 15 pieces of paper the word "MBCT" and on 15 pieces of paper the word "Control" will be written , folded and placed in another envelope. Then one person will be asked to take a piece of paper from each envelope and after reading the two papers, the method and name of each person will be determined .

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 Ardabil University of Medical Sciences
Street address
No20,11aley,Takhti Ave,Rasht City,Guilan
City
Rasht
Province
Guilan
Postal code
4173753719

Approval date
2019-11-17, 1398/08/26

Ethics committee reference number
IR.ARUMS.REC.1398.553

Health conditions studied

1

Description of health condition studied
Compulsive Buying

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Emotional Self-Control

Timepoint
Pre intervention - Post intervention

Method of measurement
Emotional Self-Control Questionnaire (Tangney2004)

2

Description
Emotional Flexibility(Taghizadeh&Mohebbipour,2017)

Timepoint
Pre Invention_post Invention(two months)

Method of measurement
Questionnaire

3

Description
Valued Living

Timepoint
Pre Invention-Post Invention

Method of measurement
Valued Living Questionnaire(Willson,2010)

Secondary outcomes

empty

Intervention groups

1

Description

First Intervention group: Acceptance and Commitment Therapy. In this study, the Acceptance and Commitment Therapy (ACT) protocol (Hayes, 2002) will be used. For this intervention group, eight treatment sessions will be held in an specialist's office from 3 to 5 pm on Saturday evenings for two months. Contents of the session 1: Welcoming and acquainting the members of the group with each other and with the therapist, expressing the feelings of the people before coming to the meeting and explaining the expectations from the treatment sessions, expressing similar previous experiences, explaining the rules of the group and performing the tasks, explaining the secrecy of the patients' information, general presentation of educational materials upon Acceptance and Commitment and its results, performing Pre-test. Session 2: Explaining the reason for the need for psychological interventions in creating hope and expectation of the treatment in reducing this pressure, expressing the principles of acceptance, recognition, feelings and thoughts upon problems, informing that thoughts are accepted as thoughts and feelings as emotions,offering an assignment for self-acceptance and feelings related to the disease. Session 3: checking the assignment of the previous session, talking about the feelings and thoughts of the group members, learning to accept without judging one's thoughts and feelings, teaching and recognizing the emotions and their differences with thoughts and feelings, presenting an assignment of the quantity of the acceptance of ourselves and our feelings, compared to the acceptance of the others and their feelings. Session 4: checking the assignment, presenting mindfulness and breath concentration techniques, to attend in the present moment and thinking stop techniques, re-emphasizing the acceptance principle of recognizing the feelings and thoughts with another look, looking at life events in a different way and treating with illness only as a disease and no more. Session 5:Checking the assignments, teaching and creating knowledge upon the difference between acceptance and surrender, and being aware of accepting the unchangeable things, recognizing the subject of judgment and encouraging the members not to judge their own feelings. offering a technique of permanently being aware of our feelings with mindfulness, Just watching them but not judging, offering a mindfulness homework accompanied by acceptance without judgement Session 6: getting feedback and brief report from the training process, requesting the group members to project their feelings and emotions regarding the achievement of the tasks of the previous session, training and presenting the principle of commitment and its necessity in the process of education and treatment (teaching commitment to action, that is, after choosing the right path to achieve peace or accepting any event in life, to act on it and commit ourselves to doing it) , offering selective attention technique for more peace upon automatic negative thoughts, re-exercising mindfulness with body scanning. Session 7: getting feedback and search for unsolved issues in group members, identifying the behavioral plans for accepted matters, and making a commitment to act on them, Creating the ability to choose between different options in a way that is more appropriate than practical. Session 8: checking the assignments, summarizing the contents, obtaining commitment from the members to complete post-term assignments, getting feedback to group members, appreciating and thanking them for their attending on the meetings, performing the post-test.

Category

Treatment - Other

2

Description

Intervention group: Mindfulness based Cognitive Therapy. Mindfulness based Cognitive Therapy((Teasdale, Williams and Segal, 2002) Protocol will be used.For this intervention group, eight treatment sessions will be held in an specialist's office from 3 to 5 pm on Monday evenings for two months. Contents of the first session: Explaining the present presence and hear presence , clarification of the mindfulness meaning for the members by using several methods, and learning routine events accompanied by keeping an eye on them. Session 2: Getting aware of the wandering mind and the exercise of attention to the body, physical feeling and attention to breathing. Session 3 :Relaxation the wandering mind by practicing breathing and body review, meditation during sitting, and practicing the exercises that keep present presence. Session 4: teaching to attend in the present moment and observing thoughts without running away from the people. Session 5: Gaining full knowledge of thoughts and feelings and accepting them without judgment and direct intervention. Session 6: Changing mood and thinking through consideration of thoughts as just thinking, and not the reality. Session 7: Awareness of the symptoms of depression and anxiety (in this study Compulsive buying) and adjusting the program to deal with possible symptoms. Session 8: Planning for the future and using the techniques of attending in the present moment to continue living and generalizing them to the whole flow of life.

Category

Treatment - Other

3

Description

Control group:The control group does not receive treatment

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Buying Centers

Full name of responsible person

Roya Alsadat Danesh Mirkohan

Street address
No.20,11.All. Thakhti Str,Rasht Town
City
Rasht
Province
Guilan
Postal code
4173753719
Phone
+98 13 3324 2304
Email
mirkohan.2007@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr somayeh Taklavi
Street address
Baseej square
City
Ardabil
Province
Ardabil
Postal code
33728024 45
Phone
+98 45 3372 8024
Email
STaklavi@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Islamic Azad University
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Roya Alsadt Danesh Mirkohan
Position
student of phd
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
No. 20 ,11.Alley,Takhti Street
City
Ardabil
Province
Ardabil
Postal code
4173753719
Phone
+98 13 3324 2304
Email
mirkohan.2007@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Roya Alsadat Danesh Mirkohan
Position
student of phd
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Baseej Square
City
Ardabil
Province
Ardabil
Postal code
33728024 45
Phone
+98 45 3372 8024
Email
mirkohan.2007@yahoo.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Roya Alsadat Danesh Mirkohan
Position
Sutudent of Phd Degree
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
No.20,11Alley,Takhti St
City
Ardabil
Province

Ardabil

Postal code

4173753719

Phone

013 3242304

Email

mirkohan.2007@yahoo.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

No - There is not 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

The main consequence of the data

When the data will become available and for how long

There are no restrictions

To whom data/document is available

Researchers, students, counselors

Under which criteria data/document could be used

It is permissible to use results in articles and compare them in new work.

From where data/document is obtainable

Email : mirkohan.2007@gmail.com

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

one Month

Comments