Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Nov 2026

Comparison of the effectiveness of acceptance and commitment therapy and schema therapy on anxiety, cognitive avoidance, resiliency and empathy in married adolescents referred to counseling centers

Protocol summary

Study aim

Comparing the effectiveness of treatment based on acceptance and commitment and schema therapy on anxiety, cognitive avoidance, action flexibility and empathy of married people referring to counseling centers.

Design

The design of the present study is a randomized experimental design in which 3 groups including 2 experimental groups and a control group will used. This plan is of pre-test-post-test-two-group follow-up with control group. 45 people will randomly assigned to three groups (15 people in each group). After assigning individuals to three groups (experimental 1, experimental 2 and control), acceptance and commitment therapy and schema therapy will applied separately to the two experimental groups.

Settings and conduct

The researcher will refer to specialized counseling and psychology clinics and after reviewing, 45 eligible people will be divided into three groups (experimental 1, experimental 2 and control) on 2 experimental groups, ACT and schema therapy Will be applied separately.

Participants/Inclusion and exclusion criteria

Having low marital adjustment, minimum diploma education, more than 1 year of marriage, being 25-25 years old, no Occurrence of stressful events such as divorce and death and not using other treatment methods at the same.

Intervention groups

people will be randomly assigned to 3 groups (2 experimental groups and 1 control group) (for the 2 experimental groups, acceptance and commitment therapy interventions and schema therapy will be performed) and no intervention will be performed on the control group. Members of all 3 assessment groups will be tested in the pre-test, post-test and follow-up stages.

Main outcome variables

The research results can be a good theoretical and practical basis for marital problems, communication patterns, pre- and post-marital education in order to prevent marital conflicts in various educational and medical institutions.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200707048042N1**
Registration date: **2020-10-12, 1399/07/21**
Registration timing: **retrospective**

Last update: **2020-10-12, 1399/07/21**
Update count: **0**

Registration date

2020-10-12, 1399/07/21

Registrant information

Name

Shabnam Mohamadian

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 61 3227 4147

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aseman37@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

2019-12-22, 1398/10/01

Actual recruitment end date

2020-06-20, 1399/03/31

Trial completion date

2020-12-21, 1399/10/01

Scientific title

Comparison of the effectiveness of acceptance and commitment therapy and schema therapy on anxiety, cognitive avoidance, resiliency and empathy in married adolescents referred to counseling centers

Public title

Comparison of the effectiveness of acceptance and commitment therapy and schema therapy on anxiety, cognitive avoidance, resiliency and empathy in married adolescents referred to counseling centers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having low marital compatibility (Getting a score lower than the cut-off point in the marital adjustment test) Minimum diploma education Passing More than a year from marriage Having an age of 45-25 years Signing the consent to participate in the research

Exclusion criteria:

The absence of stressful events such as divorce and the death of relatives or close friends in the last three months Do not use other therapies at the same time

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

The selection process was such that before starting treatment, the researcher referred to specialized counseling and psychology clinics in Ahvaz and informed the authorities about the research process and while justifying them, the center officials were asked to refer people with low marital adjustment to Refer the researcher. In the interview, low marital adjustment and high interpersonal problems were considered as the main complaints to refer to the counseling center. After the necessary studies, 45 people were identified as eligible to participate in the study, who after necessary coordination with them, were randomly assigned to three groups (15 people in each group). After assigning individuals to three groups (experimental 1, experimental 2 and control), acceptance and commitment therapy and schema therapy were applied separately to the two experimental groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahvaz Azad University

Street address

No. 25, Foolad shahr 5 Ave. Sad dastgah Blvd. Bahonarr

City

Ahvaz

Province

Khouzestan

Postal code

6176843437

Approval date

2020-05-09, 1399/02/20

Ethics committee reference number

1399.019

Health conditions studied

1

Description of health condition studied

Anxiety, cognitive avoidance, marital conflict

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety in this study is a score that a person will get from 10 questions related to the dimension of anxiety in the revised list of psychological symptoms R-90SCL prepared by Dragotis, Lippmann and Covey (1973). Brought.

Timepoint

Measurements will performed at the beginning of the study and 70 days after the interventions and 45 days after the follow-up test.

Method of measurement

The Anxiety Dimension in the Symptom Checklist 90-Revised by Dragottis, Lippmann, and Cowie (1973)

2

Description
Cognitive avoidance will be calculated based on the score that the subject obtains from the 25-item Cognitive Avoidance Questionnaire of Sexton and Dougas (2008). A high score in this questionnaire means more use of cognitive avoidance.

Timepoint
Measurements will performed at the beginning of the study and 70 days after the interventions and 45 days after the follow-up test.

Method of measurement
Sexton and Dogas Cognitive Avoidance Questionnaire 25 Questionnaire (2008)

3

Description
Action flexibility is the score that a person will obtain on the scale of action flexibility of Klahenn (1996, translated by Alirezaei, 1389).

Timepoint
Measurements will be made at the beginning of the study and 70 days after the interventions and 45 days after the follow-up test.

Method of measurement
Kolahnen Action Flexibility Scale (1996, translated by Alirezaei, 2010)

4

Description
It is a score will obtained from the Batson Empathy Traits Scale (BEA) on an 8-item scale (Batson, Equine, Voltz, Vanderplas, & Eisen, 1983).

Timepoint
Measurements will performed at the beginning of the study and 70 days after the interventions and 45 days after the follow-up test.

Method of measurement
Batson Empathy Adjectives (BEA) scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and Commitment Therapy is a 90-minute, 8-minute treatment will be designed twice a week based on the ACT Handbook of Afert and Forsythe (2005); And will be presented to the experimental group (Patterson and Efert, 2011).

Category
Lifestyle

2

Description
Intervention group:schema therapy: In this research, a set of activities and methods are considered that the researcher will use based on schema therapy (Yang et al., 2004; translated by Hamidpour and Anduz, 1394) in 10 90-minute sessions (one session per week); The most important of these methods are identifying early maladaptive schemas, identifying coping and child mindsets and replacing them with healthy adult mindsets, and identifying areas, processes, behaviors, and coping styles, and the like. Action flexibility has found a special place in the fields of developmental psychology, family psychology and mental health. Flexibility is an action of the basic constructs of personality that includes individual abilities in facing, retreating and resuming efforts and dealing with problems. Therefore, from a theoretical and practical point of view, it affects a person's self-efficacy. (Naderi, Heidari and Mashalpo ur, 2010). Considering the role that empathy can play in marital satisfaction (Naderi et al., 2016) and the role of schema therapy and treatment based on acceptance and commitment in its creation (Carson, 2004), the present study is important from several perspectives. On the other hand, most studies on cognitive avoidance have examined this component with behavioral and psychological problems. All of these studies have supported the role of cognitive avoidance as an influential variable in the incidence of mental illness and reduced quality of life. The effect of therapeutic methods on its improvement was discussed (Kashden, Bern, Ifram and Tehr, 2010, Atai, Fati, Ahmadi, 2012). Considering the above, the necessity of conducting this research in order to reduce anxiety and cognitive avoidance, and increase action flexibility and empathy has been felt more in couples. Of course, in this regard, different perspectives have been presented by presenting a therapeutic model; However, with studies conducted in Iran, no research has been conducted directly to compare the effectiveness of schema therapy and therapy based on acceptance and commitment in reducing anxiety and cognitive avoidance and increasing action flexibility and empathy in couples. Therefore, comparing the effectiveness of these therapies on reducing anxiety and cognitive avoidance, and increasing action flexibility and empathy in couples was necessary.

Category
Lifestyle

3

Description
Control group: Does not receive any intervention

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Aramesh center

Full name of responsible person
Heidari Akbar
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ندارد
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2

Recruitment center
Name of recruitment center
Mehr o mah center
Full name of responsible person
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Email
Mohammadansariasl@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Asgari Parviz
Street address
No. 25,Foolad Shahr 5 Ave, Sad dastgah Blve; Bahonar
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aseman37@yahoo.com
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
1
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
Mohamadian Shabnam
Position
Student
Latest degree
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Other areas of specialty/work
Psychology
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Person responsible for updating data

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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

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

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

Access period starts 6 months after the results are published.

To whom data/document is available

It will be available to researchers working in academic and scientific institutions, as well as to those working in industry.

Under which criteria data/document could be used

Scientific and research requests

From where data/document is obtainable

aseman37@yahoo.com 09163048475 Mohamadian Shabnam

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

When the applicant's request is sent to me, I try to send it to them as soon as possible.

Comments