

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Comparison of the efficacy of treatment based on acceptance and commitment and positive psychotherapy on the acceptance of Pain, self-compassion and affects control of cancer patients

Protocol summary

Study aim

Comparison of the efficacy of treatment based on acceptance and commitment and positive psychotherapy on the acceptance of pain, self-compassion and affects control of cancer patients

Design

Study groups will include people with cancer-based on inclusion criteria who will be non-randomly assigned to the experimental and control groups. The sample of the two groups will include 36 people. And will be selected voluntarily and in an accessible manner. Excel software rand function was used for randomization.

Settings and conduct

The present study is a quasi-experimental with a pre-test-post-test design with a control group and a one-month follow-up stage. Subjects are first selected by convenience sampling and randomly assigned to the experimental and control groups. Training is done in Kohgoluyeh city education counseling center.

Participants/Inclusion and exclusion criteria

Diagnosis of cancer by a specialist; Have a history of at least one year of cancer; Have at least an education level of diploma Age range 50-20 years; Severe mental disorders; Taking antipsychotic drugs; Having substance abuse.

Intervention groups

Control group, commitment and acceptance treatment group and positive psychotherapy group

Main outcome variables

Acceptance and commitment, Positive psychotherapy, Acceptance of pain, Self-compassion, Emotion control

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200802048274N1**

Registration date: **2020-09-05, 1399/06/15**

Registration timing: **retrospective**

Last update: **2020-09-05, 1399/06/15**

Update count: **0**

Registration date

2020-09-05, 1399/06/15

Registrant information

Name

Kouroush Fathi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 74 3226 3011

Email address

f_korosh@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-19, 1397/11/30

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the efficacy of treatment based on acceptance and commitment and positive psychotherapy on the acceptance of Pain, self-compassion and affects

control of cancer patients

Public title

Comparison of the efficacy of treatment based on acceptance and commitment and positive psychotherapy on the acceptance of Pain, self-compassion and affects control of cancer patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Have a history of at least one year of cancer Have a minimum education level of diploma Age range 50-20 years

Exclusion criteria:

Do not have acute mental problem

Age

From **20 years** old to **50 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **39**

Randomization (investigator's opinion)

Not randomized

Randomization description

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

Yasuj University of Medical Sciences

Street address

7 tir

City

Yasuj

Province

Kohgiluyeh-va-Boyrahmad

Postal code

7571865365

Approval date

2020-03-08, 1398/12/18

Ethics committee reference number

IR.YUMS.REC.1398.163

Health conditions studied

1

Description of health condition studied

Cancer

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

One of the important concepts in contemporary theories is how a person reacts and adapts to chronic pain.

Accepting pain is the first step in adapting to changes in life in a way that allows the person to continue to work in the living environment and at the same time try to control pain.

Timepoint

At the beginning and before the intervention, immediately after the intervention and 2 months after the last intervention session

Method of measurement

The McCracken Pain Acceptance Scale and the Williams and Chambles Emotion Control Scale will be used to collect data. The McCracken & Wools Pain Acceptance Scale has two components: the tendency to accept pain and active participation and has a total of 20 items, 9 of which are related to the component of tendency to accept pain (items 4, 7, 11, 13, 14, 16, 17, 18 and 20) and its 11 items are related to the active participation component (items 1, 2, 3, 5, 6, 8, 9, 10, 12, 15 and 19). Scoring is done on a Likert scale of 7 degrees. This scale has well shown a good internal consistency with an alpha of 0.82 for the pain acceptance component and 0.78 for the active participation component. The results of factor analysis in the study of McCracken, McLeod and Ecclestone, (2008), confirmed the existence of two factors: the tendency to accept pain and active participation and the validity of this scale has also been confirmed. In Iran, Cronbach's alpha coefficient of this scale has been reported in research 0.87. Emotion Control Scale: This scale has 42 questions made by Williams and Chambles and its purpose is to evaluate the ability to control emotions from the basics of the 15th Amendment. Emotions have a valid internal consistency, the correlation of the test between the subscales of the test, and between the questions of the scale is significant at the level of 0.01 confidence. The validity of the emotion control test among students, teachers, nurses, and professors in Iran is relatively high and has an acceptable level and the test questions are correlated with each other, so the questions of this test are suitable for measuring emotion control.

2

Description

She has defined compassion as a three-component construct that includes kindness to oneself versus self-

judgment, human commonalities versus isolation, and awareness versus extreme assimilation

Timepoint

Measurement periods at the beginning and before the intervention, immediately after the intervention and 2 months after the last intervention session

Method of measurement

The McCracken Pain Acceptance Scale and the Williams and Chambles Emotion Control Scale will be used to collect data. The McCracken & Wools Pain Acceptance Scale has two components: tendency to accept pain and active participation, and has a total of 20 items, 9 of which are related to the component of tendency to accept pain (items 4, 7, 11, 13, 14, 16, 17, 18 and 20) and its 11 items are related to the active participation component (items 1, 2, 3, 5, 6, 8, 9, 10, 12, 15 and 19). Scoring is done on a Likert scale of 7 degrees. This scale has well shown a good internal consistency with alpha of 0.82 for the pain acceptance component and 0.78 for the active participation component. The results of factor analysis in the study of McCracken, McLeod and Ecclestone, (2008), confirmed the existence of two factors: the tendency to accept pain and active participation, and the validity of this scale has also been confirmed. In Iran, Cronbach's alpha coefficient of this scale has been reported in research 0.87. Emotion Control Scale: This scale has 42 questions made by Williams and Chambers and its purpose is to evaluate the ability to control emotions from the basics of the 15th Amendment. Emotions have a valid internal consistency, the correlation of the test between the subscales of the test, and between the questions of the scale is significant at the level of 0.01 confidence. The validity of the emotion control test among students, teachers, nurses and professors in Iran is relatively high and has an acceptable level and the test questions are correlated with each other, so the questions of this test are suitable for measuring emotion control.

3

Description

Emotion control includes controlling anger, depression, anxiety, and positive emotions

Timepoint

Measurement periods at the beginning and before the intervention, immediately after the intervention and 2 months after the last intervention session

Method of measurement

The McCracken Pain Acceptance Scale and the Williams and Chambles Emotion Control Scale will be used to collect data. The McCracken & Wools Pain Acceptance Scale has two components: tendency to accept pain and active participation, and has a total of 20 items, 9 of which are related to the component of tendency to accept pain (items 4, 7, 11, 13, 14, 16, 17, 18 and 20) and its 11 items are related to the active participation component (items 1, 2, 3, 5, 6, 8, 9, 10, 12, 15 and 19). Scoring is done on a Likert scale of 7 degrees. This scale has well shown a good internal consistency with alpha of 0.82 for the pain acceptance component and 0.78 for the active participation component. The results of factor analysis in the study of McCracken, McLeod and

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Secondary outcomes

1

Description

A term for theories and research about what makes life most valuable.

Timepoint

At the beginning and before the intervention, immediately after the intervention and 2 months after the last intervention session

Method of measurement

questionnaire

2

Description

One of the therapies is the third wave, which emphasizes mindfulness, and is based on the acceptance of suffering (embedded in) life and committed action based on values to enjoy a richer life.

Timepoint

At the beginning and before the intervention, immediately after the intervention and 2 months after the last intervention session

Method of measurement

questionnaire

Intervention groups

1

Description

The following treatment protocol was performed in eight sessions. Session 1: 1- Presenting generalities of the group protocol, introducing the members and expectations of the group 2- Short mindfulness meditation 3- Written practice of self-affirmation and expression of values 4- Description of the exercise (homework) Three good events 5- Mindfulness meditation. Session 2: 1- Mindfulness meditation 2- Discussion about practicing three good events 3- Discussion about self-worthwhile results 4- Description of exercise (homework) Strengths 5- Mindfulness

meditation. Session 3: 1- Mindfulness meditation 2- Discussion about practicing the use of strengths 3- Description of exercise (homework) Enjoyment 4- Mindfulness meditation. Session 4: 1- Mindfulness meditation 3- Discussion about exercise (homework) Enjoyment 4- Description of exercise (homework) Having a good day 5- Mindfulness meditation. Session 5: 1- Mindfulness meditation 2- Discussion about exercise (homework) Having a good day 3- Introduction of exercise (homework) Appreciation meeting 4- Mindfulness meditation. Session 6: 1- Mindfulness meditation 2- Discussion about exercise (homework) Appreciation meeting 3- Introduction of exercise (homework) Active / constructive answer 4- Mindfulness meditation. Session 7: 1- Mindfulness meditation 2- Discussion about practice (homework) Active / constructive answer 3- Introduction of biography writing practice 4- Mindfulness meditation. Session 8: 1- Mindfulness meditation 2- Discussion about (homework) Writing a biography 3- Introducing positive service assignment 4- Mindfulness meditation 5- Discussion about the final session.

Category

Behavior

2**Description**

Control group: will not receive any intervention.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Kohgiluyeh city hospitals and medical centers

Full name of responsible person

Kourosh Davari, PhD

Street address

Sepah street - Imam Khomeini hospital in Dehdasht

City

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Province

Kohgilouyeh-va-Boyr Ahmad

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Email

F_korosh@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Masoud Shahbazi ph.d

Street address

Islamic azad University of Ahvaz

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Ahvaz

Province

Khuzestan

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Email

Masoudshahbazi66@yahoo.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

does not have

Proportion provided by this source

1

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**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Kouroush Fathi

Position

Employee

Latest degree

Master

Other areas of specialty/work

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Person responsible for scientific inquiries**Contact**

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Person responsible for updating data

Contact

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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

No - There is not 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

Cannot share at this time.

When the data will become available and for how long

Cannot share at this time.

To whom data/document is available

Cannot share at this time.

Under which criteria data/document could be used

Cannot share at this time.

From where data/document is obtainable

Cannot share at this time.

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

Cannot share at this time.

Comments

Cannot share at this time.