

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Comparison of the effectiveness of psychoanalytic psychotherapy based on object relationships and Acceptance and commitment therapy (Act) on personality organization, neuroticism, defensive styles and impulsivity of individuals with borderline personality disorder

Protocol summary

Study aim

Comparison of the effectiveness of analytical psychotherapy based on object relationships and commitment and acceptance therapy based on personality organization, neuroticism, defensive styles, impulsivity and identity styles of people with borderline personality disorder.

Design

All patients referred to the outpatient department of Zare Psychiatric Hospital in Sari city and the treatment clinic of Maneh House in Sari city who have borderline personality disorder. Selected by available sampling. In this way, a structured interview for SCID-5-PD personality disorders was taken among the people who referred to the clinic of Zare Hospital in Sari and the treatment clinic of Maneh House in Sari due to behavioral problems and was confirmed by a psychiatrist. There are 12 people in each group, 6 for object relationship psychotherapy (focus on transfer) and 6 for commitment and acceptance psychotherapy.

Settings and conduct

The study was performed in Shari city clinic and was held once a week

Participants/Inclusion and exclusion criteria

1- Having a diagnosis of borderline personality disorder: a) by a psychiatrist b) by a structured clinical interview questionnaire for personality disorders 2- Being at least 20 and at most 40 years old 3- Having at least a diploma 4 - No serious thoughts of harm to yourself or others 5- Absence of psychosis 6- Absence of restrictive and chronic physical disorders (chronic liver, kidney and heart failure)

Intervention groups

Transference-oriented psychotherapy intervention consists of 50 individual sessions with the aim of transference-oriented TFP psychotherapy. Acceptance

and commitment therapy intervention consisted of 40 individual sessions using specific ACT techniques.

Main outcome variables

organization of personality, impulsivity, defensive and mental styles.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131007014928N7**

Registration date: **2021-03-23, 1400/01/03**

Registration timing: **prospective**

Last update: **2021-03-23, 1400/01/03**

Update count: **0**

Registration date

2021-03-23, 1400/01/03

Registrant information

Name

Mehdi Pourasghar

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3327 3024

Email address

m.pourasghar@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-04, 1399/12/14
Expected recruitment end date
 2021-04-03, 1400/01/14
Actual recruitment start date
 2021-04-08, 1400/01/19
Actual recruitment end date
 2021-04-19, 1400/01/30
Trial completion date
 2021-04-19, 1400/01/30

Scientific title
 Comparison of the effectiveness of psychoanalytic psychotherapy based on object relationships and Acceptance and commitment therapy (Act) on personality organization, neuroticism, defensive styles and impulsivity of individuals with borderline personality disorder

Public title
 Comparison of the effectiveness of psychoanalytic psychotherapy based on object relationships and Acceptance and commitment therapy (Act) on personality organization, neuroticism, defensive styles and impulsivity of individuals with borderline personality disorder

Purpose
 Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 1- Having a diagnosis of borderline personality disorder: a) by a psychiatrist b) by a structured clinical interview questionnaire for personality disorders 2- Being at least 20 and at most 40 years old 3- Having at least a diploma 4 - No serious thoughts of harm to yourself or others 5 - No psychosis 6- Absence of restrictive and chronic physical disorders (chronic liver, kidney and heart failure)
Exclusion criteria:
 1- The occurrence of thoughts of self-harm or uncontrollable others during treatment 2- Occurrence of delusional disorders or other cognitive disorders during treatment 3- Tendency to leave the plan at any stage of treatment

Age
 From **20 years** old to **40 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **6**
 Actual sample size reached: **6**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Simple Accident, By drawing lots, she writes the names of the people on a piece of paper, pours them into two containers, then puts each piece of paper in a treatment, and finally the names are opened and selected for each treatment.

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
 birjand university of medical sciences
Street address
 South Khorasan, Birjand, Ghaffari St., Central Organization of Birjand University of Medical Sciences
City
 birjand
Province
 North Khorasan
Postal code
 9۷۱۷۸۵۳۵۷۷
Approval date
 2020-08-16, 1399/05/26
Ethics committee reference number
 IR.BUMS.REC.1399.245

Health conditions studied

1
Description of health condition studied
 borderline personality disorder
ICD-10 code
 F60.3
ICD-10 code description
 Borderline personality disorder

Primary outcomes

1
Description
 Personality Organization
Timepoint
 Beginning of the study, Session 20, End of the study, Two months follow-up
Method of measurement
 Kornberg Personality Organization Questionnaire

2
Description
 Impulsivity
Timepoint
 Beginning of the study, Session 20, End of the study, Two

months follow-up
Method of measurement
Bartlett Impulsivity Questionnaire

3

Description
Defensive Styles
Timepoint
Beginning of the study, Session 20, End of the study, Two months follow-up
Method of measurement
Defense Styles Questionnaire

4

Description
neuroticism
Timepoint
Beginning of the study, Session 20, End of the study, Two months follow-up
Method of measurement
Neo Five Personality Factors Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Transference-oriented psychotherapy intervention group includes 50 individual sessions with the aim of TFP-focused psychotherapy of identity consolidation. (Integrating the relationships of annoying and idealized internal objects isolated in transmission in order to achieve a consistent, realistic, and coherent experience of self and others) This inner state of identity consolidation is associated with the regulation of emotion and positive relationships based on cooperation with others
Category
Treatment - Other

2

Description
Intervention group: The acceptance and commitment therapy intervention group consisted of 40 individual sessions using specific ACT techniques. The main purpose of ACT is to increase psychological flexibility. This implies life skills in the present moment to perform behaviors that fit the patient's values. Psychological flexibility is created through ACT processes.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Zare Hospital Sari
Full name of responsible person
Dr Mehdi Pourasghar
Street address
7 km Sari Road to Neka
City
Sari
Province
Mazandaran
Postal code
4816788888
Phone
+98 11 3328 3886
Email
zarehospital@yahoo.com

2

Recruitment center
Name of recruitment center
Khane Mana
Full name of responsible person
Fatemeh Fathi
Street address
Farhang St., 15 Khordad St., Mahtab Alley, above Resalat Bank, 6th floor
City
Sari
Province
Mazandaran
Postal code
4763768897
Phone
+98 11 3325 5178
Email
fatemeh_fathi67@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Majid Aliabadi
Street address
Birjand, at the end of Ayatollah Ghaffari Boulevard
City
Birjand
Province
South Khorasan
Postal code
4763833730
Phone
Email
aliabadi@iaubir.ac.ir
Grant name
Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Islamic Azad University Birjand Branch

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

Shahram Vaziri

Position

Associate Professor, Faculty Member, Islamic Azad University, Roodehen Branch

Latest degree

Subspecialist

Other areas of specialty/work

Psychology

Street address

Roodehen - University Complex

City

Rodehen

Province

Tehran

Postal code

۳۹۷۳۱۸۸۹۸۱

Phone

۰۲۱-۷۶۵۰۵۰۱۵۲۴

Email

shahram.vaziri@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Mehdi Poursaghar

Position

Associate Professor, Faculty of Mazandaran University of Medical Sciences

Latest degree

Medical doctor

Other areas of specialty/work

Psychiatrics

Street address

Sari, Imam Square, Joybar Three Ways, beginning of Valiasr Highway, Mazandaran University of Medical

Sciences

City

Sari

Province

Mazandaran

Postal code

۴۸۱۵۷۳۳۹۷۱

Phone

۱-۳۳۰۴۴۰۰۰۰۱۱

Email

me_pourasghar@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University, Birjand Branch

Full name of responsible person

Fatemeh Fathi

Position

Non-Faculty Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Elegance Street Elegance Street Cheshmeh Alley
Second dead end on the Right

City

Ghaemshahr

Province

Mazandaran

Postal code

4763833730

Phone

42076872

Email

fatemeh_fathi67@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The data is completely personal and contrary to professional ethics

Study Protocol

Undecided - It is not yet known if there will be 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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Statistical documents are available

When the data will become available and for how

long

nothing

To whom data/document is available

Statistical data are available but patient records are personal

Under which criteria data/document could be used

Statistical documents are available

From where data/document is obtainable

Receiving the patient's personal file is not available for ethical reasons

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

nothing

Comments