

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Comparison of effectiveness of the Integrated Approach and Acceptance and Commitment Therapy on Distress , Self_knowledge, Suicide thought and Cognitive fusion on people with suicide attempts

Protocol summary

Study aim

The determine of effectiveness of Integrated psychotherapy and psychotherapy based on Acceptance and Commitment on psychological Distress in individuals attempting suicide The determine of effectiveness of Integrated psychotherapy and psychotherapy based on Acceptance and Commitment on psychological self-knowledge in individuals attempting suicide The determine of effectiveness of Integrated psychotherapy and psychotherapy based on Acceptance and Commitment on psychological Suicidal thoughts in individuals attempting suicide The determine of effectiveness of Integrated psychotherapy and psychotherapy based on Acceptance and Commitment on psychological Cognitive fusion in individuals attempting suicide

Design

Clinical Trial has an intervention group, Community based with parallel group, of 16 patients, Used with Excel software.

Settings and conduct

This study conduct in North Khorasan province and on people who attempted suicide in hospitals

Participants/Inclusion and exclusion criteria

Intermediate Education; At least 15 years old; Maximum 30 years

Intervention groups

This study examines comparison of the effectiveness an integrated approach and psychotherapy based on the acceptance and commitment of people who attempt suicide, And consists of two intervention groups.

Main outcome variables

Cognitive Fusion; Suicidal thoughts; Self-knowledge; Psychological distress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210301050547N1**

Registration date: **2021-04-02, 1400/01/13**

Registration timing: **prospective**

Last update: **2021-04-02, 1400/01/13**

Update count: **0**

Registration date

2021-04-02, 1400/01/13

Registrant information

Name

Mahin Hamidi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3242 6632

Email address

mahinhamidi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-19, 1400/01/30

Expected recruitment end date

2021-08-01, 1400/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effectiveness of the Integrated Approach and Acceptance and Commitment Therapy on Distress , Self_knowledge, Suicide thought and Cognitive fusion on people with suicide attempts

Public title

effectiveness of the Integrated Approach and Acceptance and Commitment Therapy on Distress , Self_knowledge, Suicide thought and Cognitive fusio

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

No addiction Lack of personality disorder Being at least 15 and most 30 years old

Exclusion criteria:

Again Suicide attempt Failure to attend more than 2 sessions

Age

From **15 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple Accident By drawing lots ' writes the names of the people on a piece of . Pours them into 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

Ethics committee of Birjand University of Medical Sciences

Street address

No. 73, Iman St. 1, Mirza Koch khan. Bojnord TOWn

City

Bojnord

Province

North Khorasan

Postal code

94166-85443

Approval date

2020-08-22, 1399/06/01

Ethics committee reference number

IR.BUMS.REC.1399.244

Health conditions studied

1

Description of health condition studied

Suicidal people

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Suicidal Thoughts

Timepoint

Measurements at the beginning of the study, after 4 session , after 8 sessions and after 2 months

Method of measurement

Beck Suicide Scale Ideation

2

Description

Psychological Distress

Timepoint

Measurements at the beginning of the study, after 4 session , after 8 sessions and after 2 months

Method of measurement

Psychological Distress Scale Kessler

3

Description

Cognitive Fusion

Timepoint

Measurements at the beginning of the study, after 4 session , after 8 sessions and after 2 months

Method of measurement

Standardizing of the Social Scale of Cognitive Fusion Gillanders

4

Description

Integrative Self-Knowledge

Timepoint

Measurements at the beginning of the study, after 4 session , after 8 sessions and after 2 months

Method of measurement

Integrative Self-Knowledge Scale Ghorban

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group 1c receive commitment and acceptance psychotherapy for 8 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 behavior's that fit the patient values .psychological is created though ACT processes. .

Category

Prevention

2

Description

Intervention group: Intervention group 2 people receive psychotherapy based on an integrated approach for 8 individual sessions.In this model, during establishing a therapeutic relationship with clients ,Recounting the thoughts and understanding of the client's behavior is provided and helped to become aware of aspects of feelings and behaviors that he or she did not previously realize With the awareness of the current situation and possible measures, the expectation and hope for treatment in him has increased and by learning ways to regulate performance (behavior, thoughts and emotions) is on the path to recovery.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza (AS) Hospital in Bojnourd

Full name of responsible person

Maryam Kamkar

Street address

Bojnord Town, Seyed Jamaluddin Asadabadi Street,
Imam Reza Hospital

City

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9417694735

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+98 58 3222 8112

Email

Gnz.Vahidi@gmail.com

Web page address

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 Boulevar

City

Birjand

Province

South Khorasan

Postal code

4763833730

Phone

+98 56 3234 5571

Email

Aliabadi@aubir.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

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

Mahin Hamidi

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

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No73, Iman 1, Mirza Kochak khan

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Position

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Latest degree

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Other areas of specialty/work

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Latest degree

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Other areas of specialty/work

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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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

After completing the study, all data will be presented in the form of an article

When the data will become available and for how long

The start of the access period is from 1399 for one year

To whom data/document is available

The data will be available to researchers and therapists

Under which criteria data/document could be used

Any kind of study that is in the direction of producing knowledge is allowed

From where data/document is obtainable

This email can be sent to : mahinhamidi@gmail.com

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

I will respond within two weeks after receiving the email

Comments