

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Evaluation of Acceptance and Commitment Therapy on fear of progression and quality of life of breast cancer patients in 1 and 2 and 3 stages

Protocol summary

Study aim

The effect of acceptance and commitment-based therapy on fear of disease progression, anxiety sensitivity and quality of life in breast cancer patients in stages 1, 2 and 3

Design

Clinical trial with control group, one-way blind, sample selection available but assigned to groups by block randomization which is used for randomization using EXCEL statistical software, this study is performed on 80 people.

Settings and conduct

This study is performed in Mehraneh specialized clinic and the patients referred to Mehraneh or referred by the oncology consultant are selected as available and after filling in the questionnaire of fear of disease progression. They are invited for an interview and if they have inclusion and exclusion criteria, the names of patients are given to the statistical consultant for random assignment to the groups. The treatment is performed in 5 sessions of 90 minutes on the intervention group. Patients are informed that they may or may not be in the control group.

Participants/Inclusion and exclusion criteria

Patients with breast cancer in stages 1, 2, and 3 without metastasis and in the age range of 18-55 years without a diagnosis of psychosis and personality disorder can participate in this study, but patients who are unable to continue treatment due to physical problems or any other problem or more Have been absent from one session of treatment. They are excluded from further study.

Intervention groups

It is an intervention group that will receive acceptance and commitment-based treatment with a treatment book and three follow-ups, but the control group will only receive a treatment book and three follow-ups. Of

course, at the end of the study, the control group will receive treatment from the intervention group according to ethical principles.

Main outcome variables

fear of progression, anxiety sensitivity, quality of life of cancer patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210727052000N1**

Registration date: **2021-08-09, 1400/05/18**

Registration timing: **prospective**

Last update: **2021-08-09, 1400/05/18**

Update count: **0**

Registration date

2021-08-09, 1400/05/18

Registrant information

Name

Fatemeh Hassani alimolk

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3566 1160

Email address

fatima.hassani75@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-21, 1400/06/30

Expected recruitment end date

2022-09-21, 1401/06/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of Acceptance and Commitment Therapy on fear of progression and quality of life of breast cancer patients in 1 and 2 and 3 stages

Public title
The effect of acceptance and commitment therapy on fear of disease progression, anxiety sensitivity and quality of life in patients with breast cancer in stages 1, 2 and 3

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Age range 18 to 50 years No tumor metastasis Patients who have only had 1 to 3 sessions of chemotherapy or radiotherapy Patients must either be from Zanjan or have been staying in a guest house for at least 2 months To have Physically ability to attend sessions No psychosis disorders and personality disorders Haven't been in psychotherapy during the last month Not using psychiatric drugs No diagnosis of misuse of alcohol or addictive substances Patients' satisfaction and interest in participating in the study
Exclusion criteria:
Patients' dissatisfaction with continuing treatment Worsening of patients' mental or physical condition during treatment Absence of more than one session of treatment

Age
From **18 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, in order to achieve an equal number of patients in the control group and the intervention group, the block randomization method will be used, each block will be 5 people, the reason for using this random allocation is to ensure the equal number of people in intervention and Control In this study, we will have two blocks of intervention and control, the size of each block will be 5 people. For proper blinding, random assignment of patients to groups, after patient selection, ie after interviewing patients by the researcher, for random assignment to groups, patient statistics will be given to

the statistical consultant to randomly assign patients in groups. To take. EXCEL statistical software will be used for random allocation.

Blinding (investigator's opinion)

Single blinded

Blinding description

The names of all patients will be given to the statistical consultant for randomization after initial selection and review of inclusion and exclusion criteria for assignment to intervention and control groups. Also, patients in both control and intervention groups will be given a treatment book after random assignment to the groups, and the control group will have all three follow-up periods as the intervention group, but only the intervention group will receive treatment based on acceptance and commitment. They will. Therefore, patients will be unaware of whether they will be in the intervention group or the control group.

Placebo

Not used

Assignment

Parallel

Other design features

In the present study, we have an intervention group and a control group that only the intervention group received acceptance and commitment-based treatment, and both of these groups receive comments before and after the intervention and 3 months after the intervention. Needless to say, treatment books will be given to both groups. The researcher suggests that at the end of the 3-month test, if the control group wishes, the intervention group treatment will be performed for them.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Zanjan University of Medical Sciences

Street address

Shahid Beheshti hospital, Ark gate, Zanjan city, Zanjan province

City

Zanjan

Province

Zanjan

Postal code

7531974143

Approval date

2021-07-24, 1400/05/02

Ethics committee reference number

IR.ZUMS.REC.1400.139

Health conditions studied

1

Description of health condition studied

Fear of disease progression in patients with breast cancer in stages 1, 2 and 3

ICD-10 code

C50.011

ICD-10 code description

Malignant neoplasm of nipple and areola, right female breast

Primary outcomes

1

Description

Score of fear of disease progression questionnaire

Timepoint

Filling in the fear questionnaire of disease progression before the intervention, after the intervention and 3 months after the intervention

Method of measurement

Dr. Hersbach's Fear of Progress Questionnaire

2

Description

Quality of life questionnaire score for cancer patients

Timepoint

Filling out the quality of life questionnaire for cancer patients before the intervention, after the intervention, 3 months after the intervention

Method of measurement

Quality of life questionnaire for cancer patients

3

Description

Anxiety sensitivity questionnaire score

Timepoint

Filling out the anxiety sensitivity questionnaire before the intervention, after the intervention, 3 months after the intervention

Method of measurement

Anxiety Sensitivity Questionnaire

Secondary outcomes

1

Description

Scale of experimental avoidance subscale of Acceptance and Practice Questionnaire

Timepoint

Admission and practice questionnaire is completed before the intervention, after the intervention, 3 months after the intervention.

Method of measurement

Bond's Admission and practice questionnaire

2

Description

Psychological flexibility (acceptance and practice questionnaire score)

Timepoint

Admission and practice questionnaire is filled out before the intervention, after the intervention and 3 months after the intervention.

Method of measurement

Bond's Acceptance and practice questionnaire

3

Description

Cognitive integration (Gilders Cognitive integration questionnaire score)

Timepoint

The cognitive integration questionnaire is filled out before the intervention, after the intervention and 3 months after the intervention.

Method of measurement

Gilders Cognitive Integration Questionnaire

Intervention groups

1

Description

Intervention group: 5 sessions of 90-minute group therapy based on acceptance and commitment, which was first proposed by Dr. Hayes. (Dr. Zenzian and Dr. Patterson, with the help of the Second Supervisor Research Team and Dr. Hayes' approval of the treatment process) developed the protocol. Protocol processes include: values, cognitive fault, acceptance. There will be only 5 patients in each treatment group. Patients will attend the treatment session only once a week. Between sessions, assignments appropriate to the content of the sessions are given to patients, and at the beginning of each session, homework is reviewed. Not to mention, in each session, after 30 minutes of work, patients will have a 15-minute rest, and in each session, patients will be given masks, alcohol, biscuits and fruit juice packed with flowers.

Category

Rehabilitation

2

Description

Control group: will only have treatment and follow-up books without receiving acceptance and commitment-based psychotherapy. However, after 3 months of follow-up, according to the ethical principles, the patients in the control group will benefit from the treatment of the intervention group if they wish. The treatment book contains a summary of the intervention, but without any practice or presence of the therapist and without any metaphor used in the treatment sessions. The contents of the book include processes: values, cognitive fault, acceptance.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehraneh Specialized Clinic

Full name of responsible person

Mohammadreza Moieni

Street address

Mehraneh specialized clinic, Mehraneh Blvd,
Prof,Soubouti Blvd, Gavazang road, Zanjan

City

Zanjan

Province

Zanjan

Postal code

4515743551

Phone

+98 24 3378 1912

Fax

+98 24 3378 1916

Email

mehraneh.markazi@gmail.com

Web page address

<https://zums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Parviz Ghezelbash

Street address

Zanjan university of Medical sciences, Mahdavi street,
Azadegan sector, Zanjan

City

Zanjan

Province

Zanjan

Postal code

4513956111

Phone

+98 24 3344 0300

Fax

+98 24 3343 9030

Email

medicine@zums.ac.ir

Web page address

<https://zums.ac.ir/>

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

Yes

Title of funding source

Zanjan University of Medical Sciences

Proportion provided by this source

100

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**

Zanjan University of Medical Sciences

Full name of responsible person

Fatemeh Hassani alimolk

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Zanjan university of Medical sciences, Mahdavi street,
Azadegan sector, Zanjan

City

Zanjan

Province

Zanjan

Postal code

4513956111

Phone

+98 44 3566 1160

Fax**Email**

fatima.hassani75@yahoo.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Fatemeh Hassani alimolk

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

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Province

Zanjan

Postal code

4513956111

Phone

+98 44 3566 1160

Fax

Email

fatima.hassani75@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Fatemeh Hassani alimolk

Position

Master student

Latest degree

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Zanjan university of Medical sciences, Mahdavi street,
Azadegan sector, Zanjan

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Province

Zanjan

Postal code

4513956111

Phone

+98 44 3566 1160

Fax

Email

fatima.hassani75@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

Yes - There is 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

Except for unnecessary information that the patient does not agree to publish, the rest of the information is shared after the person is not identified.

When the data will become available and for how long

Access starts 6 months after the results are published

To whom data/document is available

Once published in articles, it can be made available to academics or therapists.

Under which criteria data/document could be used

The use of information in order to fill the research gap is allowed.

From where data/document is obtainable

Fatemeh Hassani Alimolk E-mail:

fatima.hassani@yahoo.com

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

After the articles are published, the data will be made available by the journal. Of course, the data will be available 6 months after the results are published.

Comments