Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The comparison of the effectiveness of well-being therapy and acceptance and commitment therapy on pain coping strategies, psychological well-being, perception and pain self-efficacy among the patients with chronic neuropathic pain

Protocol summary

Study aim

The comparison of the effectiveness of well-being therapy and acceptance and commitment therapy on pain coping strategies, psychological well-being, perception and pain self-efficacy among the patients with chronic neuropathic pain

Design

Clinical trial, with control group, with parallel groups, without blinding, in which 45 patients with chronic neuropathic pain will be randomly assigned to three groups.

Settings and conduct

The study population will be patients aged 25 to 50 years with chronic neuropathic pain referred to the Babol Spiritual Medical Center. They will be assigned to three groups randomly (through lottery).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 25 to 50 years, not taking psychiatric medication during three last month, Diagnosis of chronic neuropathic pain by a neurologist, Minimum diploma education. Exclusion criteria: Cancer; multiple sclerosis; Alzheimer's disease; Having a mania or a psychiatric disorder

Intervention groups

Intervention group 1: They will receive group training on well-being therapy (well-being therapy) through 8 120-minute sessions. Intervention group 2: They will receive group training on acceptance and commitment therapy through 8 120-minute sessions. Control group:This group will not receive any therapeutic interventions. But after the follow-up period, treatment will also be considered for this group.

Main outcome variables

Pain coping strategies, Psychological well-being, Pain perception and Pain self-efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180607040001N2**
Registration date: **2022-02-27, 1400/12/08**
Registration timing: **registered_while_recruiting**

Last update: **2022-02-27, 1400/12/08**
Update count: **0**

Registration date

2022-02-27, 1400/12/08

Registrant information

Name

Masoumeh Dehestani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3222 9146

Email address

stu.dehestani@iausari.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-20, 1400/12/01

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
The comparison of the effectiveness of well-being therapy and acceptance and commitment therapy on pain coping strategies, psychological well-being, perception and pain self-efficacy among the patients with chronic neuropathic pain

Public title
The effectiveness of well-being and acceptance-based therapy on coping strategies with pain
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Age between 25 to 50 years Not taking psychiatric medication during three last month Diagnosis of chronic neuropathic pain by a neurologist Minimum diploma education
Exclusion criteria:
Cancer Multiple sclerosis Alzheimer's disease Having a mania or a psychiatric disorder
Age
From **25 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
Patients will be assigned to 3 groups of 15 using simple randomization (by lottery method).
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 Islamic Azad University Sari Branch
Street address
Islamic Azad University Sari Branch, 7 km from Darya Road, Khazar Square, Sari
City
Sari
Province
Mazandaran
Postal code
4816119318
Approval date
2022-01-23, 1400/11/03
Ethics committee reference number
IR.IAU.SARI.REC.1400.114

Health conditions studied

1

Description of health condition studied
chronic neuropathic pain
ICD-10 code
G62.8
ICD-10 code description
Other specified polyneuropathies

Primary outcomes

1

Description
Pain coping strategies
Timepoint
Before intervention, immediately after intervention, 2 months after intervention
Method of measurement
Coping Strategies Questionnaire (CSQ)

2

Description
Psychological well-being
Timepoint
Before intervention, immediately after intervention, 2 months after intervention
Method of measurement
Psychological Well- Being Scale (PWB-18)

3

Description
Pain perception
Timepoint
Before intervention, immediately after intervention, 2 months after intervention
Method of measurement
Pain Belief and Perception Inventory (PBPI)

4

Description
Pain self-efficacy
Timepoint
Before intervention, immediately after intervention, 2 months after intervention
Method of measurement

Pain Self- Efficacy Questionnaire (PSEQ)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: They will receive group training on well-being therapy (well-being therapy) through 8 120-minute sessions.
Category
Behavior

2

Description
Intervention group 2: They will receive group training on acceptance and commitment therapy through 8 120-minute sessions.
Category
Behavior

3

Description
Control group:This group will not receive any therapeutic interventions. But after the follow-up period, treatment will also be considered for this group.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Ayatollah Rouhani Hospital of Babol
Full name of responsible person
Masoumeh Dehestani
Street address
Ruhani Hospital, Daneshgah Square, Ganjafrooz Avenue
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr Mohammad Farsi
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Islamic Azad University Sari Branch, 7 km from Darya Road, Khazar Square, Sari
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4816119318
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mfarsi2008@gmail.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
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
Islamic Azad University
Full name of responsible person
Masoumeh Dehestani
Position
PhD Student in Psychology
Latest degree
Master
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)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is still no plan for its publish.

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available