

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparing the effectiveness of acceptance and commitment therapy and hope therapy based on a positive psychology approach on psychological well-being and improving the mental health of medical staff during the covid-19 epidemic

Protocol summary

Mental health, psychological well-being

Study aim

Comparing the effectiveness of acceptance and commitment therapy and hope therapy based on a positive psychology approach on psychological well-being and improving the mental health of medical staff during the covid-19 epidemic

Design

Clinical trial, with control group, with parallel groups, without blinding, where 90 people will be randomly assigned to three groups.

Settings and conduct

The studied population is the medical staff (doctors and nurses) of Saman Al-Aima Hospital (AS) in Mashhad. which will be randomly assigned to three groups.

Participants/Inclusion and exclusion criteria

Criteria for entering the research: willingness to participate in the research, bachelor's level of education or higher, low score in the mental health and psychological well-being questionnaire, informed consent form to participate in the research. The criteria for exiting the research are: absence from one of the training sessions, consumption of certain drugs, simultaneous participation in the same training intervention and non-cooperation in the research.

Intervention groups

Intervention 1: The members of the first experiment groups (hope therapy based on the positive psychology approach based on Seligman's treatment protocol, 2011) were exposed to positive psychotherapy for 10 sessions (one session each week for 90 minutes). Intervention 2: The groups of the second experiment (acceptance and commitment therapy) were exposed to Hayes' acceptance and commitment therapy for 8 sessions (one session each week for 120 minutes). The control group does not receive any training.

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160925029962N1**

Registration date: **2022-09-03, 1401/06/12**

Registration timing: **retrospective**

Last update: **2022-09-03, 1401/06/12**

Update count: **0**

Registration date

2022-09-03, 1401/06/12

Registrant information

Name

Mohammad Tahan

Name of organization / entity

Applied Research Center of NAJA Deputy Minister of Health, Relief and Treatment

Country

Iran (Islamic Republic of)

Phone

+98 21 8123 5481

Email address

t.mohammad2@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-11, 1400/12/20

Expected recruitment end date

2022-06-20, 1401/03/30

Actual recruitment start date

2022-03-11, 1400/12/20

Actual recruitment end date

2022-06-20, 1401/03/30

Trial completion date

2022-06-22, 1401/04/01

Scientific title

Comparing the effectiveness of acceptance and commitment therapy and hope therapy based on a positive psychology approach on psychological well-being and improving the mental health of medical staff during the covid-19 epidemic

Public title

The effectiveness of acceptance and commitment therapy and hope therapy based on a positive psychology approach on psychological well-being and improving mental health

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Willingness to participate in research Bachelor's level of education and above Obtaining a low score in the mental health and psychological well-being questionnaire Informed consent form to participate in the research

Exclusion criteria:

Absence in one of the training sessions Taking certain medications Simultaneous participation in an educational intervention is similar to non-cooperation in research

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

In the current research, a multi-stage sampling method was used to determine the sample, so that first, due to the limitations of the society, all the medical staff of Saman Al-Aimeh Hospital were asked to respond to the research tools. Then, among those who got low scores in these tools, 90 people from each hospital were selected by cluster sampling method and assigned completely randomly in three groups, two experimental groups and one control group (30 people in each group). In this way, two equal groups were obtained.

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 Baqiyatallah University of Medical Sciences

Street address

Mullasadra Street, Vanak Square

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Postal code

1435916471

Approval date

2022-03-07, 1400/12/16

Ethics committee reference number

IR.BMSU.REC.1401.002

Health conditions studied**1****Description of health condition studied**

The effectiveness of accepting and committing to positive psychology on psychological well-being and improving mental health, the effectiveness of hope therapy based on the approach of positive psychology on psychological well-being and improving mental health

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Psychological well-being

Timepoint

At the beginning of the study (before the start of the intervention) and immediately after the end of the training sessions

Method of measurement

Psychological well-being scale (short form):

2**Description**

mental health

Timepoint

At the beginning of the study (before the start of the intervention) and immediately after the end of the training sessions

Method of measurement

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The members of the first experiment groups (hope therapy based on the positive psychology approach based on Seligman's treatment protocol, 2011) were exposed to positive psychotherapy for 10 sessions (one session each week for 90 minutes).

Category

Behavior

2

Description

Intervention group: The groups of the second experiment (acceptance and commitment therapy) were exposed to Hayes's acceptance and commitment therapy for 8 sessions (one session each week for 120 minutes).

Category

Behavior

3

Description

Control group: This group will not receive any type of therapeutic interventions. But after the end of the course, treatment will be considered for this group as well.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان ثامن الائمه

Full name of responsible person

Mohammad Tahan

Street address

57 Imam Khomeini Street - Imam Khomeini Corner

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9174713884

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

مرکز تحقیقات علوم، فناوری‌های زیستی و سلامت پلیس

Full name of responsible person

Hashem Sabrian

Street address

Valiasr Street, above Vanak Square, in front of Zafar, Hazrat Valiasr Hospital, 5th floor, applied research center of Deputy Behdad Police Command of I.R

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

مرکز تحقیقات علوم، فناوری‌های زیستی و سلامت پلیس

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

Research Center for Life & Health Sciences & Biotechnology of the Police

Full name of responsible person

Mohammad Tahan

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

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Valiasr St., above Vanak Square, in front of Zafar, Hazrat Valiasr Hospital, 5th floor

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Applied Research Center of NAJA Deputy Minister of Health, Relief and Treatment

Full name of responsible person

Mohammad Tahan

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

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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 no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not 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

Not applicable