

# 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

**City**

Tehran

**Province**

Tehran

**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

##### City

Tehran

##### Province

Tehran

##### Postal code

9174713884

##### Phone

+98 51 3800 4218

##### Email

t.mohammad2@gmail.com

## 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

##### City

Tehran

##### Province

Tehran

##### Postal code

۱۴۱۷۹۴۴۶۶۱

##### Phone

+98 21 8123 5481

##### Email

tebbehdad@gmail.com

#### 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

##### Street address

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

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##### Province

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**Email**  
t.mohammad2@gmail.com

## 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**  
Psychology  
**Street address**  
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**Fax**  
**Email**  
t.mohammad2@gmail.com

## Person responsible for updating data

### 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**  
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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