

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effectiveness of ACT (treatment based on commitment and acceptance) on marital commitment, social adjustment and resilience of men with substance abuse (opioids)

Protocol summary

Study aim

The effectiveness of treatment based on acceptance and commitment on marital commitment, social adaptation and resilience of men suffering from drug abuse (opioids)

Design

In terms of the research method, the current research is a experimental study with two control and experimental groups. Simple randomization was used on 40 men, with substance abuse.

Settings and conduct

The statistical population of this research includes men suffering from drug abuse who are being treated in emotional treatment centers in Rasht city. All participants will complete Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment and Connor and Davidson's resilience, and only the intervention group will be treated with ACT (based on acceptance and commitment) and a post-test will be done at the end.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age 20 to 40 years old, married, diploma and sub-diploma education. Exclusion criteria: non-drug users, people outside the age limit, reluctance to continue treatment

Intervention groups

The intervention and control groups include men with substance abuse who first complete the questionnaires as a pre-test, and only the intervention group will undergo treatment based on acceptance and commitment in 8 sessions of 90 minutes and an informed consent form. It is provided to the participants and the necessary clarifications are provided regarding the purpose and structure of treatment, how to conduct treatment sessions, and questions are answered, and educational materials regarding acceptance and commitment are presented and assignments are made during the sessions. The end of the treatment is

performed in both groups after the test.

Main outcome variables

Marital commitment, social adjustment, resilience.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220702055336N1**

Registration date: **2022-08-07, 1401/05/16**

Registration timing: **registered_while_recruiting**

Last update: **2022-08-07, 1401/05/16**

Update count: **0**

Registration date

2022-08-07, 1401/05/16

Registrant information

Name

Fatemeh Rouhi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 3352 5554

Email address

dr.shadirohi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-05, 1401/05/14

Expected recruitment end date

2022-09-01, 1401/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of ACT (treatment based on commitment and acceptance) on marital commitment, social adjustment and resilience of men with substance abuse (opioids)

Public title

The effect of ACT (treatment based on acceptance and commitment) on marital commitment, social adjustment and resilience

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age 20 to 40 years married Diploma and sub-diploma education

Exclusion criteria:

Non-drug users People outside the age limit Reluctance to continue treatment

Age

From **20 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization method is a simple randomization. The study has two groups and from the beginning it is agreed that odd numbers will be given to the intervention group and even numbers will be given to the control group. Then, using random numbers table, the relevant numbers are extracted, each number is written on a card and placed in an envelope, and the envelopes are sealed, and the patient's number is written on each envelope, and the first patient who entered the study Envelope number 1, patient number 2, envelope number 2 and so on will be given.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Tunkabon Islamic Azad University

Street address

Mazandaran Province, Tonkabon, Kilometer 3 of Chalus Road

City

Tunkabon

Province

Mazandaran

Postal code

۴۶۸۴۱۶۱۱۶۷

Approval date

2022-06-19, 1401/03/29

Ethics committee reference number

IR.IAU.TON.REC.1401.026

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

substance abuse (opioids)

ICD-10 code

F11

ICD-10 code description

Opioid related disorders

Primary outcomes**1****Description**

Marital commitment in Adams and Jones marital commitment questionnaire

Timepoint

At the beginning of the study and after the treatment

Method of measurement

Adams and Jones Marital Commitment Questionnaire

2**Description**

Social adjustment in Professor Bell's social adjustment questionnaire

Timepoint

At the beginning of the study and after the treatment

Method of measurement

Professor Bell's Social Adaptation Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The number of 40 patients will be randomly selected and will be allocated in two intervention groups (20 people) and control group (20 people). At first, the intervention group will complete Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment, Connor and Davidson's resilience as a pre-test, and only the intervention group will undergo treatment based on acceptance and commitment in 8 sessions of 90 minutes. The summary of the sessions is as follows: First session: greeting and introduction of the group members to the therapist and to each other; expressing people's feelings before coming to the meeting; The reason for coming to this meeting and what they expect from the treatment sessions; Statement of previous similar experiences; Stating the rules that must be observed in the group, including: coming on time-not being absent (punctuality), doing tasks, etc.; Statement of the principle of confidentiality and mutual respect of group members to each other; stating the subject of the research and its objectives and stating this subject to think about the objectives; General presentation of educational materials regarding commitment and acceptance and its results; Conducting the pre-test. The second session: explanation and statement of the principle why the need for psychological interventions is felt?; creating hope and expectation of treatment in reducing these pressures; Expressing the principle of accepting and recognizing feelings and thoughts about problems, giving awareness in this field that thoughts as thoughts and; accept feelings as feelings and memories only as memories; Presentation of the assignment in the field of self-acceptance and feelings caused by problems. The third session: reviewing the tasks of the previous session; Talking about the feelings and thoughts of the group members; Teaching the members to accept their thoughts and feelings without judging whether they are good or bad; Education and recognition of emotions and their difference with thoughts and feelings; Presenting the assignment of how much we accept ourselves and our feelings and how much we accept others and others' feelings? Fourth session: Examining tasks; Presenting the technique of mindfulness and focusing on breathing; Presenting the technique of being in the moment and stopping thinking; Re-emphasis on the principle of acceptance in recognizing feelings and thoughts; Emphasis on recognizing feelings and thoughts with another look; Tasks: Look at life events (annoying) in a different way and do not stop addiction and imagine it only as a disease and not more. Fifth session: review of tasks; Education and creation of knowledge about the difference between acceptance and surrender and awareness of the fact that we accept what we cannot change; Recognizing the subject of judgment and encouraging members not to judge their feelings; Presenting this technique to be aware of the existence of their feelings by being mindful at every moment, just witnessing them but not judging them; Presenting mindfulness homework along with non-judgmental acceptance. Sixth session: self-representation and short

survey of the education process; Asking the group members to express their feelings and emotions regarding the tasks of the previous meeting; Teaching and presenting the principle of commitment and its necessity in the process of education and treatment; (Education of commitment to action means that after choosing a valuable and right path in terms of reaching peace or accepting any event in life, let's act on it and commit ourselves to doing it); Providing the technique of selective attention for more relaxation regarding the influx of negative spontaneous thoughts; Rehearsing the seventh brainstorming session: providing feedback and searching for unresolved issues among group members; Identifying behavioral plans regarding accepted matters and making a commitment to act on them; Creating the ability to choose an action among different options, in a way that is more appropriate and not more practical. Awareness along with scanning in the eighth session: review of tasks; Summary of contents; Obtaining commitment from members to perform tasks after the end of the course; Introducing yourself to the group members, appreciating and thanking them for their presence in the meetings. Finally, the post-test will be done..

Category

Treatment - Other

2

Description

Control group: The number of 40 patients will be randomly selected and will be allocated in two intervention groups (20 people) and control group (20 people). At the beginning, the control group completes Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment, Connor and Davidson's resilience as a pre-test, and the control group will not receive treatment and the post-test will be administered at the end.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rasht community treatment centers

Full name of responsible person

Fatemeh Rouhi

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Corner of Panjam Alley, Muftah Township, Shahid Beheshti Beltway, Rasht.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
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
Fateme Rouhi
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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

Due to the possibility of publication of the article, no decision has yet been made to publish the data.

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

No - There is not 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