

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of Acceptance and Commitment Therapy (ACT) on Perceived stress , Psychological Hardiness and Emotional Regulation in nurses

Protocol summary

Study aim

Determining the effectiveness of treatment based on acceptance and commitment on perceived stress, psychological toughness, emotional regulation of nurses

Design

Two groups of subjects, including an experimental group and a control group with 20 people for each group, both experimental and control groups, are measured twice (pre-test-post-test) by questionnaires. Clinical trial with control group, blinded, randomized and without study phase on 40 nurses

Settings and conduct

The experimental groups will be treated with Act; But the control group does not receive any intervention. Both the experimental group and the control group are measured twice (pre-test-post-test) separately. The statistical population will be all the nurses of the gynecological department of public hospitals in Semnan city. It will be implemented virtually on the Literary platform of Connect, and every week two to three intervention sessions and one introduction session will be held face-to-face with the nurses of the sample group before the implementation of the research.

Participants/Inclusion and exclusion criteria

The age of the participants should be between 25 and 50 years old and they should not have completed the ACT treatment course and should not have an acute or chronic physical or mental illness that disrupts the work process.

Intervention groups

including 40 nurses (20 in both experimental and control groups) Then, people will be assigned in two experimental and control groups by simple random sampling method.

Main outcome variables

Acceptance and commitment therapy: independent distance Perceived stress: a continuous interval

Psychological hardiness: a distance variable Emotion regulation: continuous interval

General information

Reason for update

Acronym

Act

IRCT registration information

IRCT registration number: **IRCT20220707055405N1**

Registration date: **2022-08-10, 1401/05/19**

Registration timing: **registered_while_recruiting**

Last update: **2022-08-10, 1401/05/19**

Update count: **0**

Registration date

2022-08-10, 1401/05/19

Registrant information

Name

Niusha Rastegar kafshgari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 4225 9899

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-01, 1401/05/10

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 Acceptance and Commitment Therapy (ACT) on Perceived stress , Psychological Hardiness and Emotional Regulation in nurses

Public title

The effectiveness of Acceptance and Commitment Therapy on Perceived stress , Psychological Hardiness and Emotional Regulation in nurses

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

nurses should work in public hospitals in semnan their age should be between 25 and 50

Exclusion criteria:

Failure to complete the course of treatment based on acceptance and commitment

Age

From **25 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **40****Randomization (investigator's opinion)**

Randomized

Randomization description

In this study, 40 people are selected according to similar research, in the available way. Then random replacement is done by lottery method (one number will be assigned to each of the sampled people). We write down the numbers on paper, fold them and put them in a container. We mix and stir the papers completely. Then we take out the papers one by one and put one number in the first group and one number in the second group. Then random application will be done. In this way, one group is known as "control group" and the other group is known as "intervention group". The lottery will be done by putting the two groups obtained from the previous step (random replacement step) into two separate envelopes and placing them in a container. Then we randomly take one envelope out of the container and assign it to the "intervention group" and the other envelope to the "control group". Research data are analyzed using SPSS version 21 statistical package software in social sciences Simple randomization

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

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

Ethics Committee of Islamic Azad University, Semnan branch

Street address

University campus, Islamic Azad University, Semnan branch

City

Semnan

Province

Semnan

Postal code

3513137111

Approval date

2022-07-27, 1401/05/05

Ethics committee reference number

IR.IAU.SEMNAN.REC.1401.024

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

The effectiveness of Acceptance and commitment therapy on perceived stress, psychological hardiness and emotional regulation in nurses

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

"Determining the effectiveness of treatment based on acceptance and commitment on perceived stress" depression score in Cohen's perceived stress questionnaire

Timepoint

The first measurement is by performing a pre-test at the beginning of the study and the second measurement is by performing a post-test after the study

Method of measurement

Cohen's Perceived Stress Questionnaire (1983)

2**Description**

"Determining the effectiveness of treatment based on acceptance and commitment on the psychological toughness of nurses" psychological toughness score in Kubasa psychological toughness questionnaire

Timepoint

The first measurement is by performing a pre-test at the beginning of the study and the second measurement is by performing a post-test after the study

Method of measurement

Kubasa Psychological Toughness Questionnaire (1979)

3

Description

"Determining the effectiveness of treatment based on acceptance and commitment on the emotional regulation of nurses" emotional regulation score in Garnevsy's emotional regulation questionnaire

Timepoint

The first measurement is by performing a pre-test at the beginning of the study and the second measurement is by performing a post-test after the study

Method of measurement

Garnevsy emotion regulation questionnaire (2001)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: an educational-therapeutic course that includes 8 treatment sessions and two to three sessions a week, each session lasting one and a half hours on the subjects of the experimental group based on a certain schedule in the sessions determined according to the package headings. Treatment training is based on acceptance and commitment

Category

Treatment - Other

2

Description

Control group: It does not receive any intervention

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shefa hospital

Full name of responsible person

Rastegarkafshgari Niusha

Street address

Semnan Province, Semnan, Shahid Noroozi Blvd, Shafa Hospital

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Semnan

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3514895171

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Email

shefa.hos@tamin.ir

2

Recruitment center

Name of recruitment center

Amiralmomenin hospital

Full name of responsible person

Rastegarkafshgari Niusha

Street address

No 9771, Imam Hossein Square, Shahid Mostafa Khomeini Blvd

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amir.hospital@semums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Beidokhti hengame

Street address

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akram4453@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

Ghaemshahr

Province

Mazandaran

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4765876884

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Person responsible for general inquiries**Contact****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Rastegarkafshgari Niusha

Position

University student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Shahid Beheshti Street, 24 Adalat Alley, 2 Gholinejad Alley, Pasargad Building, 2nd floor

City**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

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