Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Admission-Based Education on Increasing Hope, Post-Traumatic Growth and Adherence Treatment in People with Multiple Sclerosis in Babol City

Protocol summary

Study aim
Investigating the effectiveness of acceptance-based education on increasing the amount of hope,Posttraumatic growth and adherence to treatment in people with multiple sclerosis.

Design
The Current Research is one of the Quantitative Studies That is Carried Out in a Descriptive and Survey Way.Also, in this research, 30 samples of two groups (men and women) between 20 and 40 years old are tested and controlled.To analyze the research findings, the analysis of covariance statistical test will be used at a significance level of 0.05 using SPSS version 25 software.

Settings and conduct
Data Collection Method 30 People Living in Babol City with Multiple Sclerosis were Selected and Studied in Two Groups.

Participants/Inclusion and exclusion criteria
Entry requirements: People with multiple sclerosis between 20 and 40 years old Non-entry conditions:People with multiple sclerosis who are not able to attend the course or participate in similar courses

Intervention groups
ACT Approach has a Great Impact on Multiple Sclerosis Patients, in other Words, ACT Acceptance and Commitment Therapy in Multiple Sclerosis Patients has a Great impact on Acceptance of the Disease. Therefore, the Treatment Package used in this Research is Derived From the Act.

Main outcome variables
Education ; the amount of hope; after the accident; treatment

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220709055420N1**
Registration date: **2022-08-27, 1401/06/05**
Registration timing: **registered_while_recruiting**

Last update: **2022-08-27, 1401/06/05**
Update count: **0**

Registration date
2022-08-27, 1401/06/05

Registrant information
Name
Zahra Behzadi Siah Roudkolaei
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 11 4442 1839
Email address
behzadesahar@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-07-28, 1401/05/06

Expected recruitment end date
2022-08-28, 1401/06/06

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of Admission-Based Education on Increasing Hope, Post-Traumatic Growth and Adherence

Treatment in People with Multiple Sclerosis in Babol City

Public title
The Effectiveness of Admission-Based Education on Increasing Hope, Post-Traumatic Growth and Adherence Treatment in People with Multiple Sclerosis in Babol City
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
People with multiple sclerosis Multiple sclerosis patients 20 to 40 years old
Exclusion criteria:
Patients who do not attend the course. Patients who have a history of attending similar courses.
Age
From **20 years** old to **40 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Semnan Islamic Azad University
Street address
South third floor, No. 6, Elsa Building, Niayesh 6, Bastami St., Babol
City
Babol
Province
Mazandaran
Postal code
4713754986
Approval date
2022-07-16, 1401/04/25
Ethics committee reference number
IR.IAU.SEMNAN.REC.1401.016

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Hope score in Snyder's Hope Questionnaire (1991)
Timepoint
The Axperimental Group Will Undergo Eeight Sessions of Acceptance-Based Therapy for One Month.
Method of measurement
Snyder's Hope Questionnaire (1991)

2

Description
The post-traumatic score in the post-traumatic growth questionnaire of Tedeschi and Klon (1996)
Timepoint
The Axperimental Group Will Undergo Eeight Sessions of Acceptance-Based Therapy for One Month.
Method of measurement
Tedeschi and Kalon's Post Traumatic Growth Questionnaire (1996)

3

Description
Treatment adherence score in medication adherence scale
Timepoint
The Axperimental Group Will Undergo Eeight Sessions of Acceptance-Based Therapy for One Month.
Method of measurement
Medication Adherence Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In this Research, Considering the Different Aspects of ACT Treatment and the Curable and Unchangeable and Changeable Aspects of Multiple Sclerosis, the Effort is to Improve Some Indicators and Especially Give Them Hope and Motivate Them to Continue the Treatment and on the one Hand Another Effort to Know Yourself and the Disease and Deal with it

is to Carry out Useful and Constructive Investigations.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Iran MS Association - Sari

Full name of responsible person
Seyyed Asgari Emadi

Street address
No. 2, Azadi Alley 2, Azadi Blvd., Sari

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Sari

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Mazandaran

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4815763914

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masoud625@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shahab Moradi

Street address
No. 222, Shahid Tahanian St., Ferdous Garden, Semnan

City
semnan

Province
Semnan

Postal code
3514616791

Phone
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behzadesahar@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
Zahra Behzadi Siah Roudkoalaei

Position
University Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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South third floor, No. 6, Elsa Building, Niayesh 6, Bastami St., Babol

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

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
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