

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparison of the Effectiveness of Acceptance and Commitment Therapy and Intensive Short-Term Dynamic Psychotherapy on Emotion Regulation, Shame and Perfectionism among Patients with Irritable Bowel Syndrome

Protocol summary

Study aim

Comparison of the Effectiveness of Acceptance and Commitment Therapy and Intensive Short-Term Dynamic Psychotherapy on Emotion Regulation, Shame and Perfectionism among Patients with Irritable Bowel Syndrome

Design

Randomized trial with two parallel intervention and one control group, one blind strain, randomized in replacement phase, 2 phase on 36 patients.

Settings and conduct

The sample group is selected from the medical centers including Pardis and Imam Reza clinics and Motahari and Faqihi hospitals in Shiraz. Then the questionnaires of emotion regulation, internal and external shame and perfectionism are implemented on them and 36 people who have low scores in these scales are selected. These people are randomly replaced in two experimental groups and one control group. After the completion of the treatment sessions and two months after the treatment, the questionnaires will be administered again.

Participants/Inclusion and exclusion criteria

Participants: Patients with irritable bowel syndrome over 20 years of age in Shiraz city in 2022 who obtained low scores in the tools used in the research. Entry requirements: diagnosis of irritable bowel syndrome by a gastroenterologist, age group 20 to 45 years, female gender Conditions of non-entry: having addiction, having psychological disorders, taking psychiatric drugs, suffering from heart and respiratory diseases

Intervention groups

Intervention group 1: group receiving acceptance and commitment therapy Intervention group 2: the group receiving Intensive Short-Term Dynamic Psychotherapy

Main outcome variables

Increasing emotional regulation, reducing feelings of shame, reducing perfectionism

General information

Reason for update

Acronym

ACT and ISTDP

IRCT registration information

IRCT registration number: **IRCT20220808055640N1**

Registration date: **2022-08-30, 1401/06/08**

Registration timing: **prospective**

Last update: **2022-08-30, 1401/06/08**

Update count: **0**

Registration date

2022-08-30, 1401/06/08

Registrant information

Name

Nooshin Barahimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3627 7079

Email address

nooshinbarahimi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-23, 1401/08/01

Expected recruitment end date

2022-11-22, 1401/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effectiveness of Acceptance and Commitment Therapy and Intensive Short-Term Dynamic Psychotherapy on Emotion Regulation, Shame and Perfectionism among Patients with Irritable Bowel Syndrome

Public title

The Effectiveness of Acceptance and Commitment Therapy and Intensive Short-Term Dynamic Psychotherapy on Emotion Regulation, Shame and Perfectionism

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosis of Irritable Bowel Syndrome by a gastroenterologist Age group 20 to 45 years

Exclusion criteria:

having an addiction Having a psychological disorders
Psychiatric drug use having heart and respiratory diseases

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

An interventional study with blinding participants is conducted to evaluate the effect of acceptance and commitment therapy and short-term dynamic psychotherapy on emotion regulation, shame and perfectionism in people with irritable bowel syndrome. The method of blinding the patients is that after explaining the research, the treatment is given to the two intervention groups, but the two intervention groups do not know which treatment they will receive. The control group will only receive explanations about the questionnaires and forms that contain the questionnaires used to measure the target variables during the pre-test and post-test. Also, patients do not know the nature of the intervention program implemented for the opposite groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Zand St., central building of Shiraz University of Medical Sciences

City

Shiraz

Province

Fars

Postal code

7134814336

Approval date

2022-06-08, 1401/03/18

Ethics committee reference number

IR.SUMS.REC.1401.293

Health conditions studied

1

Description of health condition studied

Irritable bowel syndrome

ICD-10 code

K90-K93

ICD-10 code description

Other diseases of the digestive system

Primary outcomes

1

Description

Emotion regulation score in Gratz & Roemer questionnaire

Timepoint

At the beginning of the study and 10 weeks after the start of the intervention

Method of measurement

Gratz & Roemer Difficulties in Emotion Regulation Scale

2

Description

Shame score in Cook's questionnaire and Gross et al.'s questionnaire

Timepoint

At the beginning of the study and 10 weeks after the start of the intervention

Method of measurement

Cook Internalized shame scale, Gross et al. Shame scale

3

Description

Perfectionism score in the Flett perfectionism scale

Timepoint

At the beginning of the study and 10 weeks after the start of the intervention

Method of measurement

Flett Perfectionism scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1, the group receiving acceptance and commitment therapy: Before the intervention, questionnaires were completed by people in the groups. Ten sessions of acceptance and commitment therapy were followed, one session per week and each session lasting about an hour, in a quiet room and according to a written schedule. In this research, the intervention programs of Hayes, 2008 and Dahl, Stewart, Martel and Kaplan, 2014 were adapted. First, in the form of solving general problems, and then solving specific problems and helping clients to recognize ineffective control strategies and realize their futility, accepting painful personal events without fighting with them, teaching the steps of acceptance, explaining the concept of values, creating motivation. It was done to change and train commitment to action that affect the regulation of emotions, feelings of shame and perfectionism of the subject group. The group had enough opportunity to achieve the goals of the research, and the subjects started with freedom of action and without any pressure from the therapist to express their emotions, feelings of shame and perfectionism. At the end of the training, the group was given a post-test and the questionnaires were filled again.

Category

Behavior

2

Description

Intervention group 2, The group receiving short-term dynamic psychotherapy: before the implementation of the intervention, the questionnaires were completed by people in the groups. For the second experimental group, which were exposed to the experimental variable of short-term dynamic psychotherapy, ten sessions of a one-hour training program were designed based on the works of Dr. Habib Duvanlu (2000). Each part of the treatment consists of a series of intervention and response, which ultimately leads to the failure of resistance and the therapist and patient entering the dynamic and unconscious core of the disorder. The seven stages of the dynamic sequence are: questioning the patient's problem, pressure, challenge with resistance,

manifestation of transference resistance and challenge with it, overcoming the therapeutic contract over resistance and conscious re-opening, analysis of transference and exploration of dynamics in the unconscious. At the end of the training, the group was given a post-test and the questionnaires were filled again.

Category

Behavior

3

Description

Control group, no intervention: no intervention was done on people. Questionnaires were filled by people at the beginning of the course and filled again at the end of the course.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari Clinic

Full name of responsible person

Mani Ramzi

Street address

Namazi square

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2

Recruitment center

Name of recruitment center

Shahid Faghihi Hospital

Full name of responsible person

Bijan Fazel Jahromi

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Zand Blvd., next to the Faculty of Medicine

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Kamyar Zomorrodian

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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

Shiraz 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

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Nooshin Barahimi

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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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

Considering that the number of patients with irritable bowel syndrome in Fars province is limited, in order to prevent the possible identification of individuals based on their demographic characteristics, the data of these people will be prevented.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available