# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

04 Nov 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**

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Iran (Islamic Republic of)

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**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 group2, 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
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**2**

**Recruitment center**
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Shahid Faghihi Hospital
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## Sponsors / Funding sources

**1**

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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

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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