

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness of Medical Students

Protocol summary

Study aim

Comparison of the effect of internet cognitive-behavioral therapy (ICBT) and internet based acceptance and commitment therapy (iACT) on mental health and mindfulness of medical students of Kerman University of Medical Sciences.

Design

A clinical trial with a control group, with parallel groups, a blind strain, randomized, 2 phases on 60 people. The rand function of Excel software was used for randomization.

Settings and conduct

The current research is of an interventional type. The statistical population of this study is the medical students of Kerman University of Medical Sciences in the internship stages in 1401. This is an applied study which is conducted on 60 students with informed consent and compliance with the entry and exit criteria after receiving the permission and code of ethics, and its purpose is to compare the effect of internet cognitive-behavioral therapy (ICBT) and treatment based on Internet acceptance and commitment (iACT) on mental health and mindfulness of medical students of Kerman University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Guest students at Kerman University of Medical Sciences. concurrent participation in another psychiatric intervention, history of mental illness, being treated by a psychiatrist, taking psychiatric drugs, Lack of proper access to social networks Lack of consent to continue the treatment process.

Intervention groups

ICBT group undergoing cognitive-behavioral therapy iACT group undergoing acceptance and commitment therapy control group (not subjected to any treatment)

Main outcome variables

mental health, mindfulness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171009036661N5**

Registration date: **2023-01-16, 1401/10/26**

Registration timing: **registered_while_recruiting**

Last update: **2023-01-16, 1401/10/26**

Update count: **0**

Registration date

2023-01-16, 1401/10/26

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3335 6220

Email address

m.mayel@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-12, 1401/07/20

Expected recruitment end date

2023-09-11, 1402/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness of Medical Students

Public title

Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Medical students of Kerman University of Medical Sciences during internships in 2022 Proficiency in Persian language

Exclusion criteria:

Guest students at Kerman University of Medical Sciences concurrent participation in another psychiatric intervention history of mental illness, being treated by a psychiatrist, taking psychiatric drugs Lack of proper access to social networks Lack of consent to continue the treatment process

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Investigator

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the method of selecting people will be simple random sampling. In this way, we number the list of names of the students who are going to enter the study from 1 to the last (60) and record each of the numbers on similar and identical small cards. Then we put all the cards in a box and every time after shaking the box, we randomly take out one card from the box and record its number. We continue this process until the number of 20 people is obtained. We put these people in the ICBT group. Then, after shaking the box, we take out another 20 cards and record their number. The names of the 20 cards removed will be considered as the iACT group, and the names of the 20 cards remaining in the box will be considered as the control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, main investigator and outcome assessor were blinded. The data analyser were also blinded because all checklist was without name and contained only a code.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research Ethics Committee of Kerman University of Medical Sciences

Street address

Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2022-08-09, 1401/05/18

Ethics committee reference number

IR.KMU.REC.1401.202

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

The effect of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy (iACT) on mental health and mindfulness

ICD-10 code

F48.9

ICD-10 code description

Nonpsychotic mental disorder, unspecified

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

mental health

Timepoint

2 months after the start of the intervention

Method of measurement

GHQ mental health scale

2**Description**

mindfulness

Timepoint

2 months after the start of the intervention

Method of measurement

Five-faceted Mindfulness Questionnaire (FFMQ)

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: people undergoing Internet cognitive-behavioral therapy/ Duration of treatment: 2 months/ How to hold: online/ Number of sessions: 8 sessions (4 sessions per month)/ Duration of sessions: 1 hour/ Content: Internet cognitive-behavioral therapy according to the discretion of the expert who organized the course

Category

Behavior

2

Description

Intervention group (second): people undergoing treatment based on acceptance and commitment on the Internet/ Duration of treatment: 2 months/ How to hold: online/ Number of sessions: 8 sessions (4 sessions per month)/ Duration of sessions: 1 hour/ Content: acceptance and commitment on the Internet therapy according to the discretion of the expert who organized the course

Category

Behavior

3

Description

Control group: people who do not undergo any treatment.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman University of Medical Sciences

Full name of responsible person

Masoud Mayel

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Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran

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Email

masoud.mayel@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr. Reza Malekpour Afshar

Street address

Ebn-e-Sina St.,Jahad Blvd., Kerman,Iran

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7619813159

Phone

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Email

vcr@kmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Massoud mayel

Position

Assistant Professor

Latest degree

Specialist

Other areas of specialty/work

Emergency Medicine

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Shahid Bahonar hospital, Qarani st.

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr. Massoud mayel

Position

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Latest degree

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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

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

Person responsible for updating data

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr. Massoud mayel

Position