

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the Effectiveness of group Therapy based on Compassion-Focused Therapy (CFT) with Acceptance and Commitment-based Therapy (ACT) on Marital Satisfaction and Experiential Avoidance of married patients with relapsing and recovering multiple sclerosis.

Protocol summary

Study aim

Comparing the effectiveness of group therapy based on compassion-focused therapy with therapy based on acceptance and commitment on marital satisfaction of married multiple sclerosis patients with relapsing and recovering type. Comparison of the effectiveness of group therapy based on compassion-focused therapy with therapy based on acceptance and commitment on experiential avoidance of married patients with multiple sclerosis, relapsing and recovering.

Design

The current research is a semi-experimental type of research and its research design is a pre-test and post-test design with a control group with random selection.

Settings and conduct

Group therapy based on compassion-focused therapy (CFT) and commitment and acceptance-based therapy (ACT) with groups of eight married MS patients at Ghaem Mashhad research, training and treatment center.

Participants/Inclusion and exclusion criteria

Inclusion: 1. At least one month has passed since MS as diagnosed by a specialist doctor. 2. Being married 3. Not receiving psychological services during the research
Exclusion: Abuse of drugs, alcohol and psychotropic drugs

Intervention groups

The first group is the group that experiences the focused treatment of compassion (CFT). The second group is the group that experiences commitment and acceptance therapy (ACT). The third group is the control group that does not experience any type of psychological treatment.

Main outcome variables

Marital satisfaction; experiential avoidance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221128056653N1**

Registration date: **2023-05-12, 1402/02/22**

Registration timing: **retrospective**

Last update: **2023-05-12, 1402/02/22**

Update count: **0**

Registration date

2023-05-12, 1402/02/22

Registrant information

Name

Hoseein Baratipour

Name of organization / entity

Islamic Azad University, Mashhad branch

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-11, 1401/12/20

Expected recruitment end date

2023-04-19, 1402/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the Effectiveness of group Therapy based on Compassion-Focused Therapy (CFT) with Acceptance and Commitment-based Therapy (ACT) on Marital Satisfaction and Experiential Avoidance of married patients with relapsing and recovering multiple sclerosis.

Public title

Comparing the effectiveness of compassion-focused therapy with acceptance and commitment-based therapy on marital satisfaction and experiential avoidance.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

At least one month has passed since MS as diagnosed by a specialist doctor. Being married

Exclusion criteria:

Abuse of drugs, alcohol and psychedelics Currently doing counseling and psychotherapy

Age

From **25 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee in Research Faculty of Medicine,
Islamic Azad University - Mashhad Medical Sciences

Street address

14 Imam Khomeini Street, Mashhad, Dr. Shahin Far
Medical School

City

Mashhad

Province

Razavi Khorasan

Postal code

PO: 9133736351

Approval date

2022-11-02, 1401/08/11

Ethics committee reference number

IR.IAU.MSHD.REC.1401.161

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

Multiple sclerosis(MS)

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

2**Description of health condition studied**

Marital satisfaction

ICD-10 code**ICD-10 code description****3****Description of health condition studied**

Experiential avoidance

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

Marital satisfaction score in Enrich Marital Satisfaction
Questionnaire

Timepoint

Before starting group therapy sessions and after finishing
the sessions.

Method of measurement

Enrich Marital Satisfaction Questionnaire

2**Description**

Experiential avoidance score in Acceptance and Action
Questionnaire, second edition

Timepoint

Before starting group therapy sessions and after finishing
the sessions

Method of measurement

Acceptance and Action Questionnaire, second version

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group is a group that experiences eight sessions of group psychotherapy with an interval of one week in the method of focused compassion therapy. This method of psychotherapy helps clients by creating or increasing a relationship of inner compassion with themselves, instead of blaming, condemning or self-criticizing. Self-compassion has been defined as a three-component construct, including self-kindness versus self-judgment, human commonality versus isolation, and mindfulness versus extreme identification. Also, self-compassion is considered in the sense of caring for oneself against self-judgment, human commonality against isolation, and mindfulness against identification. Therefore, this research is trying to help the acceptance and adaption to the current conditions of married people with MS disease, to use the focused treatment of compassion in a group and to measure their effectiveness on two psychological components that are very effective on mental health and recovery. examine the marital relationship, including experiential avoidance and marital satisfaction

Category

Rehabilitation

2

Description

The second intervention group is a group that experiences eight sessions of group psychotherapy with an interval of one week in the method of treatment based on acceptance and commitment. The goal of treatment based on commitment and acceptance is to help people to create a rich, complete and meaningful life, while accepting the suffering that life inevitably brings with it. Pain, whether physical or emotional, is a universal phenomenon. Although pain may be perceived as unpleasant, what leads to real suffering is the struggle to escape or avoid pain. This assumption is the core and basis of treatment based on acceptance and commitment. Therefore, this research is trying to help accept and adapt to the current conditions of married people with MS disease, to apply therapy based on commitment and acceptance as a group and to measure their effectiveness on two psychological components that have a great impact on health. examine the psychological and healing of the marital relationship, including experiential avoidance and marital satisfaction.

Category

Rehabilitation

3

Description

The control group is a group that does not experience any type of individual or group psychotherapy. Only at the same time as the intervention groups, at the beginning of the group psychotherapy sessions and at the end of the group psychotherapy sessions, they

answer the questionnaires of marital necessity and experiential avoidance.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghaem Educational, Research and Treatment Center

Full name of responsible person

Negar Asgharipour

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Ghaem Hospital, Ahmedabad Street, Mashhad

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Quaem.Medical.Center@mums.ac.ir

Web page address

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Javad Bahar Ara

Street address

Iran - Khorasan Razavi - Mashhad - Qasim Abad (Gharb town) - Emamieh Boulevard - Professor Yousefi Intersection - University Campus - Eastern Side - Central Organization of Islamic Azad University of Mashhad

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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

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

Khorasan Razavi, Mashhad, Horre ameli St

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

Mashhad University of Medical Sciences

Full name of responsible person

Negar Asgharipour

Position

Professor (Associate)

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Hoseein Baratipour

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School counselor

Latest degree

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Other areas of specialty/work

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Latest degree

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Other areas of specialty/work

Psychology

Street address**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

Because the important result of this research is that it will be published in the form of an article after completion.

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document
The research results are published in the form of an article

When the data will become available and for how long
Simultaneously with the publication of the article

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used

To know the effectiveness of group therapy methods (Compassion Focused Therapy (CFT) and Commitment and Acceptance Therapy (ACT)) were used in this research.

From where data/document is obtainable
hosainbp55@gmail.com

What processes are involved for a request to access data/document
Correspondence with this email hosainbp55@gmail.com

Comments