

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effectiveness of emotional schema therapy and acceptance and commitment based on compassion on death anxiety, anger rumination and perfectionism in nurses with obsessive personality traits working in the Corona ward.

Protocol summary

Study aim

The purpose of this study is to compare the effectiveness of acceptance and commitment therapy based on compassion and emotion schema therapy on death anxiety, anger rumination, and perfectionism of nurses with obsessive personality traits.

Design

The clinical trial includes two experimental groups and a control group of nurses who meet the entry criteria. A total of 48 nurses were selected in an available manner and randomly assigned to one of the three research groups. The experiment was again single-blind, so the participants did not know which experimental group they were in.

Settings and conduct

At first, an introduction letter will be taken from the educational department of the university and then it will be handed over to the educational department of both hospitals. The sample introduced be half of the hospital must have at least three months of work experience in the corona ward. All participants will be tested by obsessive personality, perfectionism and death anxiety questionnaire. Only those participants that reach to the determined cut of point will be entered into the research. The accessible sampling method is and the meetings will be held online.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Informed consent to participate in the research Three months employment history in the corona department Having obsessive-compulsive personality traits. Exclusion criteria: Taking psychiatric drugs Not receiving psychotherapy at the same time as the intervention absence of more than two intervention sessions.

Intervention groups

Experimental group1: Acceptance and commitment

based on compassion Experimental group2: emotion-oriented schema therapy third group: the control group

Main outcome variables

Death anxiety, anger rumination and perfectionism

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170719035180N2**

Registration date: **2023-01-30, 1401/11/10**

Registration timing: **prospective**

Last update: **2023-01-30, 1401/11/10**

Update count: **0**

Registration date

2023-01-30, 1401/11/10

Registrant information

Name

Seyed Mosa Tabatabaee

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 23 3342 2765

Email address

s.mosatabatabaee@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-02-04, 1401/11/15

Expected recruitment end date

2023-07-24, 1402/05/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of emotional schema therapy and acceptance and commitment based on compassion on death anxiety, anger rumination and perfectionism in nurses with obsessive personality traits working in the Corona ward.

Public title

Effectiveness of emotional schema therapy and acceptance and commitment based on compassion on death anxiety and perfectionism and anger rumination in nurses.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Taking informed consent of participants in the research
Having Three months of experience in the corona ward.

Exclusion criteria:

Taking psychiatric drugs receiving simultaneous psychotherapy two session absence in group

Age

From **26 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

N/A

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

Single blinded

Blinding description

The participants do not know which group they are in.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

ethics committee of shahrood azad University

Street address

University Blvd., Shahrood, Semnan town

City

shahrood

Province

Semnan

Postal code

36199-43189

Approval date

2022-02-16, 1400/11/27

Ethics committee reference number

IR.IAU.SHAHROOD.REC.1400.071

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

Obsessive pathological personality trait

ICD-10 code

F60.5

ICD-10 code description

Obsessive-compulsive personality disorder

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

Anger rumination (people who scored an average score in Sudolsky's Anger Rumination Questionnaire)

Timepoint

before the start of intervention (pre-test), immediately after the end of the intervention(post - test) and one month after that(follow up)

Method of measurement

Sudolsky anger rumination scale

2**Description**

Death anxiety (people who got an average score in Templer's death anxiety questionnaire)

Timepoint

before the start of intervention (pre-test), immediately after the end of the intervention(post - test) and one month after that(follow up)

Method of measurement

Templer Death Anxiety Scale

3**Description**

Perfectionism (people who got an average score in Tehran's Multidimensional perfectionism questionnaire)

Timepoint

before the start of intervention (pre-test), immediately after the end of the intervention(post - test) and one

month after that(follow up)

Method of measurement

Tehran multidimensional perfectionism scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: acceptance and commitment based compassion: first session: introducing members and creating a therapeutic relationship. Second session: recognition of three emotional systems (threat, driver and satisfaction). The third session: Defining and explaining the mind and that it is a problem (control). The fourth session: Knowing the three brains. Session 5: Introducing compassionate reasoning and techniques of compassionate attention and being present. Sixth session: Introduction of kind behaviors. Session Seven: Introduction to acceptance and tolerance of distress. Session eight: Explaining the fault and its strategies. Ninth session: Values and clients' awareness of the relationship of values. Session tenth: Explanation of values as a compass and the motivation to commit to moving towards them. Implementation of post-test and follow-up (one month after the post-test).

Category

Treatment - Other

2

Description

Intervention group: Emotion schema therapy. first session: introduction, explanation of group rules and group goals, second session: statement of general principles of emotional schema therapy, third session: normalization of emotion and dealing with guilt and shame schemas. The fourth session: giving credit to emotions and labeling emotions. The fifth session: cognitive reconstruction, explanation of the evidence review technique and dealing with the rumination schema. The sixth session: Compassion and self-compassionate description. The seventh session: Examining the problematic styles of discrediting, examining adaptive strategies to overcome discrediting. The eighth session: Teaching the lawyer's technique to deal with spontaneous thoughts and values. The ninth session: The technique of tolerating mixed feelings and explaining it, the tenth session: Consolidating new learnings. Through talking about obstacles and expressing feelings at the end of the group and performing the post-test and performing the follow-up phase one month after the post-test.

Category

Treatment - Other

3

Description

Control group:

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

(سازمان تامین اجتماعی(بیمارستان البرز

Full name of responsible person

ایدا چوبساز

Street address

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2

Recruitment center

Name of recruitment center

Social Security Hospital (Lovanani Hospital)

Full name of responsible person

ایدا چوبساز

Street address

Tehran, Sarkheh Hesar, the end of Shahid Hemet (Zein al-Din) highway, the first of Abali road

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theran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

azad university

Street address

Shahrood, University Boulevard, Shahrood Azad University

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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

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University

Full name of responsible person

Seyed Mosa Tabatabaee

Position

Faculty member of cognitive sciences

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Full name of responsible person

Seyed Mosa Tabatabaee

Position

Faculty member of cognitive sciences

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

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Position

PH,D student

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is 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

Yes - There is 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
after de-identification ,All data is shared.
When the data will become available and for how long
Access starts after the articles are published
To whom data/document is available
Psychology students and researchers
Under which criteria data/document could be used

The results of the research are done without sending the statistics, if the statistics are requested, they will cooperate according to the needs of the researcher.
From where data/document is obtainable
aidachoobsaz@outlook.com
What processes are involved for a request to access data/document
A request for documentation is made and the documentation is provided to the researcher within a week
Comments