

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### The effectiveness of acceptance and commitment therapy on death anxiety and psychological health in the range of 55-70 in Zanjan: A preventive research

#### Protocol summary

##### Study aim

Determining the effectiveness of acceptance and commitment therapy on improving psychological health and reducing death anxiety in the elderly

##### Design

A randomized, randomized controlled clinical trial on 60 patients.

##### Settings and conduct

After receiving the code of ethics from the ethics committee of Zanjan University of Medical Sciences, the sample people are selected based on the entry and exit criteria, and then after the initial interview according to SCID and declaring their willingness to participate in the meetings, explanations about the research will be given to them. will be given and written consent will be obtained from them and they will be assured that participation in the study is voluntary and the participants can leave the study at any time.

##### Participants/Inclusion and exclusion criteria

Admission to the study, Willingness to participate in research Age between 55 and 70 years Absence of acute and chronic mental illnesses Not suffering from chronic physical diseases, including types of cancer and other acute physical problems. Absence, Absence of more than two sessions

##### Intervention groups

Intervention group: ten 90-minute group therapy sessions based on acceptance and commitment will be implemented based on Steven Hayes's theory presented in the book. Therapy Based on Acceptance and commitment Presentation. Control group: no treatment

##### Main outcome variables

Death anxiety, Psychological health

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211223053494N3**

Registration date: **2023-01-27, 1401/11/07**

Registration timing: **prospective**

Last update: **2023-01-27, 1401/11/07**

Update count: **0**

##### Registration date

2023-01-27, 1401/11/07

##### Registrant information

###### Name

Jafar Sarani yaztappeh

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 17 1334 1894

###### Email address

sarani.jafar@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-03-16, 1401/12/25

##### Expected recruitment end date

2023-06-15, 1402/03/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effectiveness of acceptance and commitment

therapy on death anxiety and psychological health in the range of 55-70 in Zanjan: A preventive research

#### Public title

The effectiveness of acceptance and commitment therapy on death anxiety and psychological health in the range of 55-70: A preventive research

#### Purpose

Prevention

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Willingness to participate in research  
Age between 55 and 70 years  
Absence of acute and chronic mental illnesses  
Not receiving psychiatric drugs  
Not receiving psychological treatments in the last year  
Absence of substance abuse disorders  
Not suffering from chronic physical diseases, including types of cancer and other acute physical problems

##### Exclusion criteria:

Absence of more than two sessions  
Reluctance to continue treatment sessions

#### Age

From **55 years** old to **70 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **60**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

Randomization will be simple randomization. The randomization unit is individual. Through the table of random numbers, which are produced without any particular pattern and order and are completely random and are made into a table, the names of the participants will be collected as a set of numbers and the numbers will be used to categorize different groups. Even numbers are in the intervention group and odd numbers are in the control group.

#### 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

Research Ethics Committees of Zanjan University of Medical Sciences

#### Street address

Department of Clinical Psychology, Shahid Beheshti Hospital, Ark Square, Zanjan, Iran

#### City

Zanjan

#### Province

Zanjan

#### Postal code

1452488552

#### Approval date

2023-01-17, 1401/10/27

#### Ethics committee reference number

IR.ZUMS.REC.1401.311

### Health conditions studied

#### 1

##### Description of health condition studied

death anxiety and psychological health

##### ICD-10 code

F54

##### ICD-10 code description

Psychological and behavioral factors associated with disorders or diseases classified elsewhere

### Primary outcomes

#### 1

##### Description

Death anxiety score in Templer's death anxiety questionnaire

##### Timepoint

At the beginning of the study (before the intervention), after the intervention and 1month after the intervention

##### Method of measurement

Templer Death Anxiety Questionnaire

#### 2

##### Description

The score of morbid symptoms in the morbid symptom checklist questionnaire (SCL-90-R) by Derogatis and Cleary

##### Timepoint

At the beginning of the study (before the intervention), after the intervention and 1month after the intervention

##### Method of measurement

The Symptom Checklist-90-R (SCL-90-R)

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

Intervention group: includes all the elderly of Zanjan city who receive acceptance and commitment therapy as a group according to the protocol in ten 90-minute weekly sessions. This therapy was designed by Steven Hayes and colleagues and was written in Iran in the form of a book entitled "Acceptance and Commitment Therapy " by Izadi and Abedi. The content of the first session: getting to know the group members and their expectations, determining the group policy, establishing a relationship with the members, distributing research questionnaires, briefly explaining the treatment method, using mindfulness exercises and presenting assignments (checking control strategies). Content of the second session: review of the assignment of the previous session, exercise of creative frustration, exercise of body scan meditation, and presentation of homework (body scan at home). Content of the third session: review of the previous session, breathing exercise, introduction of the life course model, self-disclosure exercise, paying attention to the present moment without judgment, presenting homework. The content of the fourth session: reviewing the assignments of the previous session, practicing acceptance of problems, teaching the use of desire instead of control by presenting the metaphor of the bus and the metaphor of the beggar, practicing mindfulness with breathing and presenting the assignment. Content of the fifth session: review of the previous session along with homework, training to observe the passing of thoughts, training to solve thinking reminder cards, group practice of breaking thoughts and presenting homework. Content of the sixth session: review of the previous session with assignments, life map training, using the chess metaphor in order to understand oneself as a context, presentation of the assignment. Content of the 7th session: Homework review, teaching to use values as a substitute for control, teaching joint commitment, presenting homework. The content of the eighth session: review of the previous session, teaching the concept of values and goals and the difference between them, presenting the values and goals form to the participants, at the end of presenting the task (ranking of values). Content of the 9th session: reviewing the past session and assignments, teaching the effects of paying attention to the past and future instead of choosing the present, teaching concentration exercises, reviewing the value rating assignments, summarizing the meeting and presenting homework (practical actions to achieve values). Content of the 10th session: review homework, review drawing a path to pursue values and the future, identify dangerous situations in the future, sum up the sessions, and do the post-test.

**Category**

Prevention

**2**

**Description**

Control group: No Treatment

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Shahid Beheshti Hospital

**Full name of responsible person**

Seyedeh Elnaz Mousavi

**Street address**

Ark Square, Shahid Beheshti Hospital, Department of Clinical Psychology, Zanjan, Iran

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Dr.Emousavi@zums.ac.ir

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Zanjan University of Medical Sciences

**Full name of responsible person**

Dr Alireza Shoghli

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Ark Square, Shahid Beheshti Hospital, Department of Clinical Psychology, Zanjan, Iran

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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**

Zanjan 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**

Zanjan University of Medical Sciences

**Full name of responsible person**

Seyedeh Elnaz Mousavi

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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Ark Square, Shahid Beheshti Hospital, Department of Clinical Psychology, Zanjan, Iran

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Jafar Sarani Yaztappeh

**Position**

Ph.D Student

**Latest degree**

Master

**Other areas of specialty/work**

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sarani.jafar@yahoo.com

## 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**

There is no more information.

**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**

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

**Data Dictionary**

No - There is not a plan to make this available

**Title and more details about the data/document**

The main report will publish in appropriate articles

**When the data will become available and for how long**

6 Months after Article Publication

**To whom data/document is available**

Only for Scientific and Academic Researchers

**Under which criteria data/document could be used**

Only for Analysis and Researches around the main topic of this study

**From where data/document is obtainable**

Contact with Mr. Jafar Sarani Yaztappeh by this email address: sarani.jafar@yahoo.com

**What processes are involved for a request to access data/document**

Documents will send to his email address, approximately 2 month after request

**Comments**