

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)

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+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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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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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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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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

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Master

Other areas of specialty/work

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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

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