

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The Effectiveness of Acceptance and Commitment Therapy On reducing grief symptoms, coronavirus anxiety and improving the quality of life

#### Protocol summary

##### Study aim

Determining the effectiveness of therapy based on acceptance and commitment on reducing the symptoms of grief, coronavirus anxiety and improving the quality of life

##### Design

A Clinical Trial with a Control Group, Randomized using a table of random numbers, on 38 Patients. No blinding was done.

##### Settings and conduct

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

##### Participants/Inclusion and exclusion criteria

The criteria for entering the patient into the research include: Bereaved people who lost one of their loved ones due to corona and at least 3 months have passed since their death. to mourn naturally), be 18 years old or older The criteria for excluding patients from the study include: the presence of concurrent mental disorders such as bipolar disorders and related disorders, schizophrenia spectrum disorders and other psychotic disorders, addictive disorders and substance-related disorders, organic brain disorders based on the family and patient reports.

##### Intervention groups

Intervention group: ten 120-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

symptoms grief, coronavirus anxiety, Quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230219057460N1**

Registration date: **2023-03-02, 1401/12/11**

Registration timing: **prospective**

Last update: **2023-03-02, 1401/12/11**

Update count: **0**

##### Registration date

2023-03-02, 1401/12/11

##### Registrant information

##### Name

emad alkasir

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8889 6662

##### Email address

emadalkasir@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-04-30, 1402/02/10

##### Expected recruitment end date

2023-11-01, 1402/08/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The Effectiveness of Acceptance and Commitment Therapy On reducing grief symptoms, coronavirus anxiety and improving the quality of life

**Public title**

The Effectiveness of Acceptance and Commitment Therapy On reducing grief symptoms, coronavirus anxiety and improving the quality of life

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Bereaved people who have lost a loved one and at least 3 months have passed since their death Be 18 years old or older

**Exclusion criteria:**

The presence of concurrent mental disorders such as bipolar disorders and related disorders, schizophrenia spectrum disorders and other psychotic disorders, addictive disorders and substance-related disorders  
Organic brain disorder based on the report of the family and the patient herself

**Age**

From **18 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **38**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Randomization will be simple randomization. The randomization unit is individual. At first, the names of the participants will be collected as a set of numbers, without any particular pattern or order, and completely randomly generated in advance, and these numbers will be used to categorize different groups, in such a way that the even numbers in the group Intervention and individual numbers will be placed in the control group. Even numbers in the intervention group and individual numbers will be 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 School of Medicine - Shahid Beheshti University of Medical Sciences

**Street address**

Floor, Bldg No.2 SBUMS, Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran.

**City**

Tehran

**Province**

Tehran

**Postal code**

19839-63113

**Approval date**

2021-08-03, 1400/05/12

**Ethics committee reference number**

IR.SBMU.MSP.REC.1400.260

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

coronavirus anxiety

**ICD-10 code**

F06.4

**ICD-10 code description**

Anxiety disorder due to known physiological condition

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

Corona anxiety score in the Corona Anxiety Questionnaire

**Timepoint**

At the beginning of the study (before the start of the intervention), after the end of the intervention

**Method of measurement**

Corona Anxiety Questionnaire Alipour et al (2019)

**2****Description**

Grief score on the Complex Grief Scale (ICG)

**Timepoint**

At the beginning of the study (before the start of the intervention), after the end of the intervention

**Method of measurement**

Grief Questionnaire of Prigerson and Maciejewski (1995)

**3****Description**

Quality of life score in the short form of the World Health Organization Quality of Life Scale (WHOQOL-BRIEF)

**Timepoint**

At the beginning of the study (before the start of the intervention), after the end of the intervention

#### Method of measurement

Purba et al. quality of life questionnaire(2018)

#### Secondary outcomes

empty

#### Intervention groups

##### 1

#### Description

Intervention group: The experimental group will receive 10 sessions of 2 hours (120 minutes) during 10 weekly sessions. Session 1 :Assessment and Evaluation: recognize and identify the type of grief, comorbidity and Definition of Grief, Stages of Grief, Grief resolved to unresolved grief Understanding Acceptance and Commitment Therapy, the obligation to accept and carry out assignments and participate in group and individual Session 2: Pain, suffering, struggle and avoidance, Acceptance, Review coping strategies and control Creative Hopelessness, Explain and discuss the impact of control • explain the willingness Session 3: discuss the nature of automatic thoughts Creative Hopelessness, Exercise prayer, Do not think of exercise (chocolate donut metaphor)How the mind works, chatter, machine words, pop up mind Acceptance thoughts, versus Avoidance. Session 4: Talk about the experience of emotions, Emotional appeals emotions Bdaynd, creative Hopelessness (control)Happiness trap, Marriage Practices, Relationships between emotions, Talk about anger Presentation given mindfulness training (as a substitute for emotional control), practice of mindful breathing, Acceptance of emotions versus avoidance (rejection) Session 5-7: mindfulness training completed, Exercise: Walk quietly, Practice: tea, Practice: mindful Eating Introduction to Cognitive defusion Practice: The word "milk "The pronunciation of poetry readings It is very slow to tell With different voices to tell Bad News Radio. Session 8-10: Complete discussion, willingness, Introduction values, evaluate the values, the selection of values, Targets, Commitment, completion of discussion and follow up

#### Category

Treatment - Other

##### 2

#### Description

Control group: No Treatment

#### Category

N/A

#### Recruitment centers

##### 1

#### Recruitment center

Name of recruitment center

Taleghani Hospital

#### Full name of responsible person

Abbas Masjedi Arani

#### Street address

Iran, Tehran Velenjak St. Shahid Chamran Highway

#### City

Tehran

#### Province

Tehran

#### Postal code

1985711151

#### Phone

+98 21 2243 2560

#### Fax

+98 21 2243 2570

#### Email

taleghanihospital@sbmu.ac.ir

#### Web page address

#### Sponsors / Funding sources

##### 1

#### Sponsor

#### Name of organization / entity

Shahid Beheshti University of Medical Sciences

#### Full name of responsible person

Afshin Zarghi

#### Street address

Shahid Beheshti University of Medical Sciences, Vice President of Research and Technology of the University, Floor, Bldg No.2 SBUMS, Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran.

#### City

Tehran

#### Province

Tehran

#### Postal code

19839-63113

#### Phone

+98 21 23871

#### Email

zarghi@sbmu.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shahid Beheshti 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**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Abbas Masjedi Arani

**Position**

Associate Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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Floor, Bldg No.2 SBUMS, Arabi Ave, Daneshjoo Blvd,  
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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Maryam Bakhtiyari

**Position**

Full Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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maryam\_.bakhtiyari@sbmu.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Emad Alkasir

**Position**

Phd.Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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Velenjak, Tehran, Iran.

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**Phone**

+98 21 23871

**Email**

emadalkasir@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 of the clinical study will be published in related articles

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

Starting an access period 6 months after publishing results

**To whom data/document is available**

Only for scientific scholars and academic researchers

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

Only in line with the analysis and research related to the original title of this article

**From where data/document is obtainable**

Contact Mr. Emad Al Kathir through the following email address: EMADalkasir@yahoo.com

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

The documentation will be sent to the email address at least two months after submitting the request by email.

**Comments**