

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### Comparison of the Effectiveness of Acceptance and Commitment Therapy, Schema Therapy and Life Therapy on Quality of life , Emotion Regulation , Eating Attitude and Rate of Adherence of Obese Women

#### Protocol summary

##### Study aim

The effectiveness of acceptance and commitment, schema therapy and life therapy on quality of life, emotion regulation, eating attitude and overall compliance in obese people.

##### Design

A clinical trial with a control group, with parallel groups, a blind strain, 60 obese women were selected by purposive sampling and randomly replaced in four groups.

##### Settings and conduct

Obese women referring to Rouhani Babol Hospital, those who have lower than average scores in the indicators of quality of life, emotional regulation and general compliance, 60 people will be selected by purposeful sampling and will be randomly replaced in four groups and three experimental groups. and a control group will be placed.

##### Participants/Inclusion and exclusion criteria

Age 18 to 50, at least a diploma education, being a volunteer to participate, having an axis two disorder or a severe mental problem, having a BMI score above 30 and being obese.

##### Intervention groups

Acceptance and commitment to life therapy schema therapy

##### Main outcome variables

Comparing the effectiveness of treatments on quality of life, emotion regulation, eating attitude and overall compliance in obese women

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230426058004N1**

Registration date: **2023-05-01, 1402/02/11**

Registration timing: **prospective**

Last update: **2023-05-01, 1402/02/11**

Update count: **0**

##### Registration date

2023-05-01, 1402/02/11

##### Registrant information

###### Name

Akram Mohammadian

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 11 3238 4833

###### Email address

mohammadian\_a77@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-05-22, 1402/03/01

##### Expected recruitment end date

2023-07-06, 1402/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of the Effectiveness of Acceptance and Commitment Therapy, Schema Therapy and Life Therapy on Quality of life , Emotion Regulation , Eating Attitude and Rate of Adherence of Obese Women

**Public title**

"Study of the effectiveness of psychological treatments on quality of life, emotion regulation, attitude to eating and overall compliance in women with obesity"

**Purpose**

Education/Guidance

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

Age range from 18 to 50 years Minimum education is diploma Being a volunteer to participate in research Not having axis two disorder or severe mental problem Also, select people who have a score higher than 30 based on the BMI index and are obese. After selecting the samples, each of them will be randomly replaced in one of the groups Not having a psychiatric illness other than health anxiety Not suffering from a serious physical illness such as cancer, MS, Alzheimer's and the like Completing the informed consent agreement to participate in the research project

**Exclusion criteria:**

Lack of consent to participate in the study

**Age**

From **18 years** old to **50 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Not randomized

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

Single blinded

**Blinding description**

Participants, people, who are invited to participate in the study and are classified in intervention groups after obtaining informed consent. They are unaware of the existence of other intervention groups.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Ethics Committee of Sari Azad University

**Street address**

PO Box: 48164-48164, km 7 of Darya Road,

Sari.Mazandaran Province,

**City**

Sari

**Province**

Mazandaran

**Postal code****Approval date**

2023-02-22, 1401/12/03

**Ethics committee reference number**

IR.IAU.SARI.REC.1401.250

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

obesity

**ICD-10 code**

E66

**ICD-10 code description**

Overweight and obesity

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

Quality of Life

**Timepoint**

At the beginning of the study (before the start of the intervention), at the end of the intervention period, a follow-up test is also performed after 3 months.

**Method of measurement**

Quality of Life Questionnaire (SF-36)

**2****Description**

Cognitive regulation of emotion

**Timepoint**

At the beginning of the study (before the start of the intervention), at the end of the intervention period, a follow-up test is also performed after 3 months.

**Method of measurement**

Cognitive Emotion Regulation Questionnaire (CERQ)

**3****Description**

Attitude to eat

**Timepoint**

At the beginning of the study (before the start of the intervention), at the end of the intervention period, a follow-up test is also performed after 3 months.

**Method of measurement**

Garner and Garfinkel Eating Attitude Questionnaire (EAT-26)

**4****Description**

General compliance

## Timepoint

At the beginning of the study (before the start of the intervention), at the end of the intervention period, a follow-up test is also performed after 3 months.

## Method of measurement

General Adherence Scale (GAS)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Commitment and acceptance therapy

#### Category

Lifestyle

### 2

#### Description

Intervention group: Schema therapy

#### Category

Lifestyle

### 3

#### Description

Intervention group: life therapy

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Omid Clinic of Ayatollah Rouhani Hospital

##### Full name of responsible person

Akram Mohammadian Amiry

##### Street address

next to University of Medical Sciences , Ganj Afrooz Road , Babol , Mazandaran Province

##### City

babol

##### Province

Mazandaran

##### Postal code

47176-47745

##### Phone

+98 11 3223 8301

##### Fax

+98 11 3223 8309

##### Email

Ravabet\_Mubabol@yahoo.com

##### Web page address

<https://rohani.mubabol.ac.ir/>

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Babol University of Medical Sciences

##### Full name of responsible person

Akram Mohammadian Amiry

##### Street address

Ayatollah Rouhani educational and therapeutic center , Ganj Afrooz Street , Baol

##### City

Baol

##### Province

Mazandaran

##### Postal code

4717647745

##### Phone

+98 11 3223 8300

##### Fax

+98 11 3223 8309

##### Email

Ravabet\_Mubabol@yahoo.com

##### Web page address

<https://rohani.mubabol.ac.ir/>

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Babol 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

Islamic Azad University

##### Full name of responsible person

Akram Mohammadian Amiry

##### Position

Student

##### Latest degree

Master

##### Other areas of specialty/work

Psychology

##### Street address

Arghvan town , next to Mazi Noor, Amirkola to Babolsar road,Mazandaran

##### City

Babol  
**Province**  
Mazandaran  
**Postal code**  
4745111149  
**Phone**  
+98 11 3238 4833  
**Email**  
Mohammadian\_a77@yahoo.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Islamic Azad University  
**Full name of responsible person**  
Akram Mohammadian Amiry  
**Position**  
Student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**  
Arghvan town, next to Mazi NoorAmirkola to Babolsar road,Mazandaran,  
**City**  
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Mohammadian\_a77@yahoo.com

## Person responsible for updating data

### Contact

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

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

### 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

Yes - There is a plan to make this available

### Clinical Study Report

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

### Analytic Code

Not applicable

### Data Dictionary

Not applicable

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

The protocol of all three treatments, questionnaires

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

The access period starts 6 months after the results are published

### To whom data/document is available

Researchers working in academic and scientific institutions will be available

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

No idea

### From where data/document is obtainable

Mohammadian\_a77@yahoo.com

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

Two weeks after sending the email

### Comments