

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Aug 2026

Effectiveness of acceptance and commitment therapy (ACT) with and without transcranial direct current stimulation (tDCS) on craving and problematic use of pornography: A single subject design

Protocol summary

Study aim

Comparing the effectiveness of acceptance and commitment therapy (ACT) and transcranial direct current stimulation (tDCS) on reducing the craving and problematic use of pornography

Design

A1-B-A2 single-subject design was used. Nine subjects participated in three types of ACT, tDCS and combined interventions. The baseline phase (A1) consisted of 3 data collection points at 10-day intervals for 1 month before the intervention. Phase B, the intervention phase, included 7 data collection points over 3 months. Phase A2 was the second baseline or follow-up phase consisting of 3 data collection points within 1 month.

Settings and conduct

The population studied in this research includes all men aged 18 to 24 in 1401 who referred to the specialized counseling and psychology clinic of Ferdowsi University of Mashhad, who are diagnosed with problematic pornography use by a clinical psychologist. After selecting the statistical sample based on the entry and exit criteria, the participants will be divided into three groups of ACT, tDCS, and a combination of 3 people through the random allocation rule.

Participants/Inclusion and exclusion criteria

Being between 18 and 24 years old
Absence of intellectual problems
Minimum elementary school education
No substance abuse
Having symptoms of problematic use of pornography based on a questionnaire
Not receiving other psychological or drug treatment at the same time

Intervention groups

Three groups: ACT, tDCS and combined

Main outcome variables

Comparing the effectiveness of acceptance and commitment therapy and transcranial direct current stimulation on reducing the craving and problematic

pornography use

General information

Reason for update

Acronym

ACT, tDCS

IRCT registration information

IRCT registration number: **IRCT20190731044397N1**

Registration date: **2023-06-03, 1402/03/13**

Registration timing: **registered_while_recruiting**

Last update: **2023-06-03, 1402/03/13**

Update count: **0**

Registration date

2023-06-03, 1402/03/13

Registrant information

Name

Seyed Iman Seyedzadeh Daloooyi

Name of organization / entity

Ferdowsi university of Mashhad

Country

Iran (Islamic Republic of)

Phone

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Email address

iman.seyedzadeh@mail.um.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-15, 1402/02/25

Expected recruitment end date

2023-07-16, 1402/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of acceptance and commitment therapy (ACT) with and without transcranial direct current stimulation (tDCS) on craving and problematic use of pornography: A single subject design

Public title

Effectiveness of ACT with and without tDCS on craving and problematic use of pornography

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Being between 18 and 24 years old
Absence of intellectual problems
Minimum elementary school education
No substance abuse
Having symptoms of problematic use of pornography based on a questionnaire
Not receiving other psychological or drug treatment at the same time

Exclusion criteria:

Diagnosing mental disorders that are effective in the treatment process
Concurrent participation in other psychological courses or interventions
Failure to attend more than three consecutive sessions
Reluctance to continue treatment

Age

From **18 years** old to **24 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **3**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization method
Unit of randomization: individual
Tool used in randomization and building of random sequence by SAS software
Allocation concealment: SNOSE method

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants assumed that all participants would receive the intervention.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Research Ethics Committee of Ferdowsi University of Mashhad

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No. 10, Kalantari Blvd, Azadi Sq, Mashhad.

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Mashhad

Province

Razavi Khorasan

Postal code

09188355827

Approval date

2021-09-11, 1400/06/20

Ethics committee reference number

IR.UM.REC.1400.125

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

problematic use of pornography

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Problematic use of pornography

Timepoint

Every 2 weeks for three months

Method of measurement

Problematic pornography use scale, Pornography craving questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

The first intervention: transcranial direct current stimulation, during 24 sessions (3 times a week) in each session, anodal and cathodal currents with an intensity of 2 milliamps for 20 minutes.

Category

Treatment - Devices

2**Description**

The second intervention: treatment based on acceptance

and commitment, 8 sessions of 45 minutes in a group, protocol and steps based on the proposed protocol (Twohig and Crosby, 2010)

Category

Treatment - Other

3

Description

The third intervention: the combination of the first and second intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Counseling and Psychology Clinic of Ferdowsi University of Mashhad

Full name of responsible person

Seyed Iman Seyedzadeh Daloooyi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ferdowsi university of Mashhad

Full name of responsible person

Hamidreza Aghamohammadian Sharbaaf

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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

Ferdowsi university of Mashhad

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

Ferdowsi university of Mashhad

Full name of responsible person

Hamidreza Aghamohammadian Sharbaaf

Position

Professor and Head of Psychology Department

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Phd student

Latest degree

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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

Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All potential data can be shared after de-identifying individuals

When the data will become available and for how long

The data will become available 3 months after the results are published

To whom data/document is available

There is no specific limitation and it will be accessible to all researchers in this field

Under which criteria data/document could be used

Currently, there are no special conditions and restrictions

From where data/document is obtainable

We will respond to applicants via email

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

The aims and objectives of the research should be clearly explained.

Comments