

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effectiveness of acceptance and commitment therapy on frustration and anger in infertile couples

Protocol summary

Study aim

The present study will be conducted with the aim of investigating the effectiveness of Acceptance and Commitment Therapy (ACT) on reducing anger and frustration in infertile couples.

Design

The present one is semi-experimental. The semi-experimental design used in this research will be a two-group design (one experimental group and one control group) with pre-test and post-test. The statistical population of this research will include all couples suffering from infertility between the ages of 20 and 45 in the infertility center of Shahid Beheshti Hospital in Kashan city, among which 30 infertile couples were selected as available after obtaining written informed consent. Using the random assignment method, they will be divided into two groups of 15 people, experimental and control.

Settings and conduct

In this research, the blinding method will be used for the people who measure the variables, so that the researcher or the group of researchers will not knowingly or unknowingly cause errors in the study. In this way, the information that can distort the test result remains hidden from the participant's view, but the person responsible for conducting the test is aware of them.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Satisfaction of clients, presence of infertility, absence of other untreated psychiatric problems and education of at least 8 years. Exclusion criteria: Using other psychotherapy at the same time as starting the desired treatment and two absent sessions for each person.

Intervention groups

A number of 30 infertile couples were selected by available sampling method and will be randomly assigned to two experimental and control groups (15 people in each group). The experimental group will receive ACT treatment in 8 sessions of 90 minutes, while

the control group will not receive any training.

Main outcome variables

Anger and failure

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170312033023N3**

Registration date: **2023-09-01, 1402/06/10**

Registration timing: **registered_while_recruiting**

Last update: **2023-09-01, 1402/06/10**

Update count: **0**

Registration date

2023-09-01, 1402/06/10

Registrant information

Name

Behrooz Afshari

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 5558 1833

Email address

behrooz.afshari71@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-01, 1402/06/10

Expected recruitment end date

2023-09-15, 1402/06/24

Actual recruitment start date

2023-09-01, 1402/06/10

Actual recruitment end date

2023-09-15, 1402/06/24

Trial completion date

2023-11-24, 1402/09/03

Scientific title

Investigating the effectiveness of acceptance and commitment therapy on frustration and anger in infertile couples

Public title

the effect of acceptance and commitment therapy on infertile couples

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Client satisfaction Infertility No other untreated psychiatric problems At least 8 years of education

Exclusion criteria:

Using other psychotherapy at the same time as starting the desired treatment Two absentee sessions

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Investigator

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Among all the people who meet the inclusion criteria, 30 people are randomly included in the study, and then 15 people are selected for each group using random numbers generated by the computer. Random allocation in clinical trial studies refers to the process of dividing participants into different groups randomly.

Randomization gives each participant an equal chance to be placed in each of the groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this research, the blinding method will be used for the people who measure the variables, so that the researcher or the group of researchers will not knowingly or unknowingly cause errors in the study. In this way, the information that can distort the test result remains hidden from the participant's view, but the person responsible for conducting the test is aware of them.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Kashan University of Medical Sciences

Street address

Qutb Ravandi Boulevard, Kashan, Isfahan, Iran

City

Kashan

Province

Isfahan

Postal code

8715973474

Approval date

2018-05-22, 1397/03/01

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1397.018

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

Treatment of failure and anger of infertile couples

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

Anger and failure

Timepoint

Pre-test, post-test, follow-up

Method of measurement

Spielberger's Anger Questionnaire and Gilbert and Allen's Feeling of Failure Questionnaire

Secondary outcomes

empty

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

Intervention group: They will receive ACT treatment in 8 sessions of 90 minutes.

Category

Treatment - Other

2

Description

Control group: The control group did not undergo any training.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashan University of Medical Sciences

Full name of responsible person

Behrooz Afshari

Street address

Kashan, Mofatteh BLV

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Kashan University of Medical Sciences

Street address

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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

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Behrooz Afshari

Position

Clinical psychologist

Latest degree

Master

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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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

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Full name of responsible person

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Position

Master of Clinical Psychology

Latest degree

Master

Other areas of specialty/work

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City

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Email

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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

Not applicable

Title and more details about the data/document

Only part of the data, such as the information related to the treatment result, can be shared.

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

Our data will only be available to researchers working in academic and scientific institutions

Under which criteria data/document could be used

Psychologists, counselors and psychiatrists will have access to the research results

From where data/document is obtainable

Applicants can refer to the clinical psychology department of Kashan University of Medical Sciences and access the research results

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

Applicants can access the research results after referring to the clinical psychology department of Kashan University of Medical Sciences

Comments