Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on the irrational beliefs of female students with unsuccessful suicide

Protocol summary

Study aim

The purpose of this research is to compare the effectiveness of positive psychotherapy and treatment based on acceptance and commitment on the irrational beliefs of female students.

Design

The research sample included 45 female students with failed suicide who met the intervention criteria and were selected by simple random sampling and 15 of the participants were divided into two experimental and comparison groups and one control group by simple random allocation.

Settings and conduct

The statistical population was determined by a questionnaire from all female high school students in Bafagh city, and the sample members were referred to Bagherol Uloom Student Counseling Center and after giving their consent, they participated in the research.

Participants/Inclusion and exclusion criteria

Female students with unsuccessful suicide in high schools in Bafgh city with suicide attempt in the years 2020- 2023.

Intervention groups

Experimental group: 12 sessions of 75 minutes of positive psychotherapy Comparison group: 12 sessions of 75 minutes therapy based on acceptance and commitment Control group: did not receive any intervention.

Main outcome variables

Irrational beliefs include: the need for approval from others, high expectations of oneself, tendency to blame, reaction to failure, emotional irresponsibility, excessive worry combined with anxiety, avoidance of problems, dependency, helplessness towards change, perfectionism.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230930059561N2**
Registration date: **2023-11-01, 1402/08/10**
Registration timing: **registered_while_recruiting**

Last update: **2023-11-01, 1402/08/10**
Update count: **0**

Registration date

2023-11-01, 1402/08/10

Registrant information

Name

Reyhaneh Kargaran bafghi

Name of organization / entity

The Islamic Azad University Zarand Branch

Country

Iran (Islamic Republic of)

Phone

+98 35 3244 4943

Email address

r.kargaran1896@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-07, 1402/07/15

Expected recruitment end date

2023-12-06, 1402/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on the irrational beliefs of female students with unsuccessful suicide

Public title
Comparing the effectiveness of Positive psychotherapy and therapy based on acceptance and commitment on the irrational beliefs

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
female students with unsuccessful suicide in the years 2020 to 2023 Age 15 to 18 years
Exclusion criteria:
female students under the age of 15 Having a psychotic disorder

Age
From **15 years** old to **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
The sample subjects were placed in one of the three study groups (first intervention group: positive psychotherapy, second intervention group: treatment based on acceptance and commitment, and control group) using a simple random method and with the help of a random number table.

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 Committee of Islamic Azad University - Kerman branch
Street address
The Islamic Azad University - Kerman branch, Valiasr Blvd
City
Kerman
Province
Kerman
Postal code
7635168111
Approval date
2023-09-09, 1402/06/18
Ethics committee reference number
IR.IAU.KERMAN.REC.1402.094

Health conditions studied

1

Description of health condition studied
A history of unsuccessful suicide attempts
ICD-10 code
T14.91
ICD-10 code description
Suicide attempt

Primary outcomes

1

Description
Irrational beliefs score in Jones Irrational Beliefs Questionnaire
Timepoint
before the start of the intervention and 30 days later (after the intervention) and 60 days later (follow-up)
Method of measurement
The Jones irrational beliefs questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: positive psychotherapy (Seligman's positive psychotherapy protocol, 12 sessions of 75 minutes) The first session: Getting to know the meaning of happiness / The second and third sessions: Identifying the capabilities of the individual and living in the present time / The fourth and fifth sessions: Thanking and gratitude technique / The sixth and seventh sessions: Improving life expectancy and happiness and reducing anxiety / The eighth and Ninth: Improving social relations and creating constructive interaction with the people around you/10th and 11th sessions: Expressing the relationship between thoughts and feelings and behaviors and talking about the meaning of life/Twelfth session: Summarizing and closing the sessions.
Category
Rehabilitation

2

Description
intervention group 2: therapy based on acceptance and commitment (ACT Hayes protocol, 12 sessions of 75 minutes) The first and second sessions: Communicating with clients and stating the goals and axes of treatment and teaching the concept of acceptance / The third and fourth sessions: Talking about the experiences of clients and creative helplessness and teaching committed action / The fifth and sixth sessions: Getting to know the concept of dissonance and failure. / Sessions 7 and 8: Teaching self-concept as context / Sessions 9 and 10: Helping clients identify life values / Sessions 11 and 12: Using mindfulness techniques and emphasizing the present.

Category
Rehabilitation

3

Description
control group: received no intervention they did not.

Category
Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Bagherol Uloom Student Counseling Center

Full name of responsible person
Ali Reza Heydari

Street address
No. 40, Edalat 2 Ave, 15 Khordad.

City
Bafgh

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Yazd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The Islamic Azad University Zarand Branch

Full name of responsible person
Mehdi Alizadeh

Street address
, Islamic Azad University, Zarand branch, University Square, Sarbagh Road.

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Kerman

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
The Islamic Azad University Zarand Branch

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
The Islamic Azad University Zarand branch

Full name of responsible person
Reyhaneh Kargaran Bafghi

Position
PHD candidate

Latest degree
Master

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Only part of the information related to the per-test and post-test comparison results

When the data will become available and for how long
2024

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used
Without mentioning the sample specifications, access has no special condition

From where data/document is obtainable
via the corresponding author's email

What processes are involved for a request to access data/document
Send details by email to the corresponding author

Comments