

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### Effectiveness of Acceptance and Commitment Group Therapy on Academic Procrastination and Perfectionism of Nursing Students: A Parallel Randomized Clinical Trial

#### Protocol summary

##### Study aim

Determining the effectiveness of acceptance and commitment group therapy on academic procrastination and perfectionism in Shahroud University of Medical Sciences nursing students

##### Design

The present study is a parallel randomized clinical trial. Sixty-two nursing students will be included in the study by the convenience sampling method and will be randomly allocated to two intervention and control groups.

##### Settings and conduct

The place of study is Shahroud University of Medical Sciences. Acceptance and commitment group therapy will be implemented in eight sessions for the intervention group participants. Questionnaires are completed before, after, and eight weeks after the intervention by both groups.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria include completing at least one academic semester, having theory courses, and obtaining a score higher than 62 on the Solomon and Rothblum academic procrastination scale. Exclusion criteria also include absence of more than two sessions, receiving a similar psychological intervention at the same time as the current research, receiving cognitive-behavioral interventions for at least eight sessions in the last five years, drug therapy at the same time as the intervention or within a month before the start of the intervention, the history of suffering from severe psychiatric disorders and the recent occurrence of unfortunate events or stressful events in the past six months.

##### Intervention groups

Group therapy based on acceptance and commitment (ACT) will be implemented in eight sessions for the intervention group participants. No particular therapeutic

intervention will be considered for the control group.

##### Main outcome variables

Academic procrastination and perfectionism

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231114060057N1**

Registration date: **2023-11-20, 1402/08/29**

Registration timing: **prospective**

Last update: **2023-11-20, 1402/08/29**

Update count: **0**

##### Registration date

2023-11-20, 1402/08/29

##### Registrant information

##### Name

Saeed Ghasempour

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 3239 5054

##### Email address

saeed.ghasempoor@shmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-12-22, 1402/10/01

##### Expected recruitment end date

2024-06-21, 1403/04/01

##### Actual recruitment start date

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effectiveness of Acceptance and Commitment Group Therapy on Academic Procrastination and Perfectionism of Nursing Students: A Parallel Randomized Clinical Trial

**Public title**

Effectiveness of Acceptance and Commitment Group Therapy on Academic Procrastination and Perfectionism of Nursing Students: A Parallel Randomized Clinical Trial

**Purpose**

Prevention

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

Completion of at least one academic semester Having theory courses (It should be noted that nursing students in the seventh and eighth semesters do not have theory courses.) Obtaining a score higher than 62 on the Solomon and Rothblum academic procrastination scale (Which indicates moderate to severe levels of academic procrastination.)

**Exclusion criteria:**

Absence of more than two sessions Receiving psychological intervention similar to and simultaneously with the implementation of the present study Receiving cognitive-behavioral therapies for at least eight sessions in the last five years Drug treatment at the same time as the intervention or within a month before the intervention A history of severe psychiatric disorders Recent occurrence of unfortunate events or stressful events in the last six months

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 62

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Students will enter the study based on the inclusion and exclusion criteria and the convenience sampling method and will be randomly assigned to groups A (intervention) and B (control). The sequence of random allocation is determined by SPSS software. According to the determined sample size (62 students), 16 quadruple blocks will be considered. Participants are randomly assigned to the desired groups based on the order of entry into the study and based on quadruple blocks.

**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**

Ethics Committee of Shahroud University of Medical Sciences

**Street address**

University of Medical Sciences and Health Services, Hafte Tir Square, Shahroud, Iran.

**City**

Shahroud

**Province**

Semnan

**Postal code**

3614773943

**Approval date**

2023-10-16, 1402/07/24

**Ethics committee reference number**

IR.SHMU.REC.1402.126

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

Academic procrastination, Perfectionism

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

Academic procrastination: In this study, academic procrastination refers to the score obtained from Solomon and Rothblum's academic procrastination scale.

**Timepoint**

Before the onset of the intervention, after the end of the intervention, and eight weeks after the intervention

**Method of measurement**

Solomon and Rothblum's academic procrastination scale

**2****Description**

Perfectionism: In this study, perfectionism refers to the score obtained from the adaptive and maladaptive perfectionism questionnaire.

**Timepoint**

Before the onset of the intervention, after the end of the intervention, and eight weeks after the intervention

## Method of measurement

Adaptive and maladaptive perfectionism questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Group therapy based on acceptance and commitment (ACT) will be implemented in eight 90-minute sessions, two sessions per week, for the intervention group participants. Group therapy sessions based on acceptance and commitment are compiled based on the book Acceptance and Commitment by Hayes et al.

#### Category

N/A

### 2

#### Description

Control group: No particular therapeutic intervention will be considered for the control group.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahroud University of Medical Sciences

##### Full name of responsible person

Saeed Ghasempour

##### Street address

Shahroud University of Medical Sciences and Health Services, Hafte Tir Square, Shahroud, Iran.

##### City

Shahroud

##### Province

Semnan

##### Postal code

3614773943

##### Phone

+98 23 3239 5009

##### Email

s.ghasempoor.2675@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahroud University of Medical Sciences

##### Full name of responsible person

Behzad Garmabi

## Street address

Shahroud University of Medical Sciences and Health Services, Hafte Tir Square, Shahroud, Iran.

## City

Shahroud

## Province

Semnan

## Postal code

3614773943

## Phone

+98 23 3239 5054

## Email

behzad.garmabi@gmail.com

## Grant name

## Grant code / Reference number

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

Yes

## Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

##### Full name of responsible person

Saeed Ghasempour

##### Position

Researcher

##### Latest degree

Bachelor

##### Other areas of specialty/work

Nursery

##### Street address

University of Medical Sciences and Health Services, Hafte Tir Square, Shahroud, Iran.

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##### Email

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## Person responsible for scientific

## **inquiries**

### **Contact**

**Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Ali Abbasi

**Position**

Assistant Professor of Nursing

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

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**Email**

abbasi\_msn@yahoo.com

## **Person responsible for updating data**

### **Contact**

**Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Saeed Ghasempour

**Position**

Researcher

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

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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**

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

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

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

Part of the demographic characteristics and all information related to academic procrastination and perfectionism of students can be shared by maintaining confidentiality and not using the names of the participants.

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

After publishing the article

**To whom data/document is available**

Project partners

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

For people doing similar research work.

**From where data/document is obtainable**

The person in charge of the project should be contacted via email: abbasi\_msn@yahoo.com

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

Data will be provided to people through email.

**Comments**