Clinical Trial Protocol
Iranian Registry of Clinical Trials

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

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Position
Researcher

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Nursery

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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