

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The efficacy of Acceptance and Commitment Therapy on feeling of inferiority and academic engagement of midwifery students of Zanjan university of medical science

Protocol summary

Study aim

Determining the effect of Acceptance and Commitment Therapy on feeling of inferiority and academic engagement of midwifery students of Zanjan university of medical science in 2023-2024

Design

A randomized controlled clinical trial with parallel groups involving 64 participants. (The table of random numbers will be used for randomization.)

Settings and conduct

Sampling will be done in Zanjan University of Medical Sciences. First, 64 eligible students will be randomly selected and then by the stratified block randomization (according to academic semester) assigned to the intervention and control groups. The intervention group will receive 8 sessions of 60-minute of group counseling. The participants will complete self-report questionnaires before the intervention, immediately after the intervention and one month after the last counseling session.

Participants/Inclusion and exclusion criteria

The research community includes all midwifery undergraduate students of Zanjan University of Medical Sciences in 2023-2024.

Intervention groups

The People of the intervention group will participate in 8 sessions of 60-minute (once a week) of group counseling based on Acceptance and Commitment Therapy, which will be provided by the researcher. People in the control group will not receive any intervention.

Main outcome variables

Inferiority feeling, Academic engagement

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160608028352N12**

Registration date: **2023-11-21, 1402/08/30**

Registration timing: **prospective**

Last update: **2023-11-21, 1402/08/30**

Update count: **0**

Registration date

2023-11-21, 1402/08/30

Registrant information

Name

Roghieh Kharaghani

Name of organization / entity

Zanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 24 3314 8144

Email address

r.kharaghani@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-12-21, 1402/09/30

Expected recruitment end date

2024-06-19, 1403/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of Acceptance and Commitment Therapy on

	feeling of inferiority and academic engagement of midwifery students of Zanjan university of medical science
Public title	The efficacy of Acceptance and Commitment Therapy on feeling of inferiority and academic engagement of midwifery students of Zanjan university of medical science
Purpose	Education/Guidance
Inclusion/Exclusion criteria	Inclusion criteria: Midwifery undergraduate students of Zanjan University of Medical Sciences Full consent to participate in the research Having physical and mental health (based on the participants' self-report form) Obtaining a higher than average score in the inferiority feeling questionnaire or a lower than average score in the academic engagement questionnaire Exclusion criteria: Failure to participate in the test after intervention and follow-up Absence in more than two sessions in training sessions Simultaneous participation in other psychotherapy programs Completion of questionnaires incompletely Unwillingness to continue cooperation Unforeseen events
Age	No age limit
Gender	Female
Phase	N/A
Groups that have been masked	No information
Sample size	Target sample size: 64
Randomization (investigator's opinion)	Randomized
Randomization description	The sampling method will be convenient and the allocation method will be stratified blocked randomization (according to academic semester). For this purpose, four people blocks have been created to determine the two groups of intervention and control. The sample size in two groups is 64 participants, so the allocation of participants in the intervention and control groups will be done by random selection of 16 blocks of four-person blocks. The table of random numbers will be used for randomization.
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

The ethics committee of Zanjan University of Medical Sciences

Street address

The ethics committee of Zanjan University of Medical Sciences, first floor, Northside of Azadi Boulevard, Zanjan.

City

Zanjan

Province

Zanjan

Postal code

4525613113

Approval date

2023-11-15, 1402/08/24

Ethics committee reference number

IR.ZUMS.REC.1402.197

Health conditions studied

1

Description of health condition studied

Health of students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Inferiority feeling

Timepoint

Before the intervention, immediately after the intervention and one month after the last counseling session

Method of measurement

Inferiority Feeling Scale (Yao)

2

Description

Academic engagement

Timepoint

Before the intervention, immediately after the intervention and one month after the last counseling session

Method of measurement

Academic Engagement Scale (Schafeli)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The people of the intervention group will be given 8 sessions of 60 minutes (once a week) group counseling based on Acceptance and Commitment Therapy, which will be provided by the researcher. The participants of the intervention group will be divided into 2 groups of 10 and one group of 12. The researcher will be taught the content of sessions and counseling with the approach of acceptance and commitment in person by a psychologist consultant and also in the form of online or face-to-face workshops.

Category

Behavior

2

Description

Control group: Participants in this group will not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Zanjan University of Medical Sciences

Full name of responsible person

Zahra Norouzi

Street address

Zanjan University of Medical Sciences, Gavazang Road.

City

Zanjan

Province

Zanjan

Postal code

4515613191

Phone

+98 24 3314 8300

Email

zahrnorouzi23178@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Samad Nedri

Street address

chancellor for Research and Technology of Zanjan University of Medical Sciences, first floor, Northside of Azadi Boulevard, Zanjan.

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4515613191

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+98 24 3314 8300

Email

nadri_s@zums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

Zahra Norouzi

Position

Master's student in counseling in midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

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zahrnorouzi23178@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Roghieh Kharghani

Position

PhD of Reproductive Health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

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

Statistical Analysis Plan

Undecided - It is not yet known if there will be 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

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

Analytic Code

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

Data Dictionary

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

Title and more details about the data/document

After completion of the study, information about the main outcome will be shared.

When the data will become available and for how long

Starting the access period from 2024

To whom data/document is available

Data and documentation will be available to medical researchers.

Under which criteria data/document could be used

The data can be used to study, give a citations, create new ideas and practically apply in educational centers.

From where data/document is obtainable

Email to zahrnorouzi23178@gmail.com

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

The data will be provided to the applicant within one month after reviewing and confirming the request.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Zanjan University of Medical Sciences

Full name of responsible person

Zahra Norouzi

Position

Master's student in counseling in midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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