Clinical Trial Protocol
Iranian Registry of Clinical Trials

04 Nov 2026

Comparing the effectiveness of Acceptance and Commitment Therapy (ACT) and Matrix in preventing relapse in patients with substance abuse

Protocol summary

Study aim
General purpose: to determine the comparison of the effectiveness of acceptance and commitment therapy (ACT) and matrix in preventing relapse in patients with substance abuse.

Design
Clinical trial with control group, with parallel groups, pseudo-randomized, 45 participants

Settings and conduct
First, all people entered the test and completed the research questionnaires. Then two experimental groups were treated with treatment protocol. The sessions were held twice a week and each session lasted for 90 minutes at Moharari Hospital in Shiraz. After completing the treatment, the research questionnaires were completed again by all three groups and then statistically analyzed.

Participants/Inclusion and exclusion criteria
The criteria for entering the study included having informed consent to the study and not regularly taking neuropsychiatric drugs, and the criteria for exiting the study included suffering from incurable physical diseases and chronic psychological diseases under the approval of a psychologist or psychiatrist.

Intervention groups
The participants were divided into three groups (two experimental groups and one control group): A- Matrix therapy sessions The matrix therapy method was invented in 1980 by an American institute. Matrix therapy sessions in this research are held in 8 sessions, 2 sessions a week in groups and each session lasts 90 minutes for the participants of the experimental group. B_ Acceptance and Commitment Therapy (ACT) These therapy sessions are based on the intervention of Hayes and Wilson (2014). In the present study, the patients of the second experimental group participate in eight group sessions during two months. There are two sessions every week and each session lasts 90 minutes. C- The control group on which no treatment is performed.

Main outcome variables
The main outcome in the present study is substance relapse.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20231120060114N1**
Registration date: **2023-12-25, 1402/10/04**
Registration timing: **registered_while_recruiting**

Last update: **2023-12-25, 1402/10/04**
Update count: **0**

Registration date
2023-12-25, 1402/10/04

Registrant information

Name
Farzaneh Zare

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-12-07, 1402/09/16

Expected recruitment end date
2024-02-13, 1402/11/24

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of Acceptance and Commitment Therapy (ACT) and Matrix in preventing relapse in patients with substance abuse

Public title

Investigating the effect of acceptance and commitment and matrix therapy in addiction prevention

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having informed consent for the study Lack of regular use of neuropsychiatric drugs

Exclusion criteria:

Having incurable physical diseases Suffering from chronic psychological diseases under the approval of a psychologist or psychiatrist

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Islamic Azad University, Marvdasht branch

Street address

Islamic Azad University of Marvdasht ,Killometer three of Takht Jamshid Blvd , Marvdasht

City

Shiraz

Province

Fars

Postal code

7371113119

Approval date

2023-12-05, 1402/09/14

Ethics committee reference number

IR.IAU.M.REC.1402.099

Health conditions studied

1

Description of health condition studied

Substance use disorders

ICD-10 code

F11.18

ICD-10 code description

Opioid abuse with other opioid-induced disorder

Primary outcomes

1

Description

Drug relapse prevention score in Wright questionnaire

Timepoint

Before the therapeutic interventions of Act and Matrix and after the completion of the interventions

Method of measurement

Wright addiction relapse prediction questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Control group: In this group, treatment intervention is not performed

Category

N/A

2

Description

The first intervention group: therapeutic intervention based on acceptance and commitment (ACT): these therapeutic sessions are organized based on the intervention of Hayes and Wilson (2014). In the present study, the patients of the first intervention group participate in eight group sessions during two months. There are two sessions every week and each session lasts 90 minutes. The content of the sessions is as follows: First session: getting to know the members, stating the topic and goals of the treatment and the number of sessions, conducting the pre-test. The second session: general familiarity with acceptance and commitment therapy and its role in regulating emotions and how it affects reducing drug use. The third session:

explaining the treatment components and using the necessary metaphors in Inford, giving homework. Session 4: Reviewing homework, examining ineffective strategies and abandoning them, practicing techniques. The fifth session: Reviewing homework, explaining the effect of exercises and reviewing members' assignments and practicing the sequence of techniques. Session 6: Homework review, self-acceptance and self-belief, creating a sense of superiority in oneself (along with parables). Session 7: Making a commitment to valuable actions and practicing relapse prevention (with examples). The eighth session: review of all sessions and presentation of final strategies and post-test implementation.

Category

Prevention

3

Description

The second intervention group: Matrix therapy: Matrix therapy was invented in 1980 by an American institution with the aim of helping people quit drugs and stimulants such as cocaine and glass. In this research, the fourth edition of Matrix Incas treatment protocol (Makri, 2013) was used. Matrix therapy sessions in this research are held in 8 sessions, 2 sessions a week in groups and each session lasts 90 minutes for the participants of the experimental group. The content of these sessions is as follows: First session: scale of change (why do we leave materials?). Second session: initiators (triggers, triggers, ...), internal initiators, external initiators. The third session: the course of recovery, major problems in recovery (distrust of family and surrounding people, loss of energy). The fourth session: Temptation and the right and wrong ways to deal with it. The fifth session: Thoughts and feelings underlying consumption, activities that prevent and predispose to relapse. Session 6: work, guilt, recovery motivation. The seventh session: truthfulness, complete purity. Session 8: Addictive sexual relationships, behaviors and thoughts related to relapse and its prediction.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Moharrari Neurological and Psychiatric Hospital

Full name of responsible person

Mojtaba Naqshvarian Jahromi

Street address

Mohrhari Neurological Hospital, Next to the Faculty of Agriculture, Bajgah, km 13 of Shiraz-Marvdasht road

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Masoumeh Emadi

Street address

Islamic Azad University of Morvdasht, kilometer three of Takht Jamshid Blvd., Marvdasht

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Web page 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

Islamic Azad University

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 of Marvdasht

Full name of responsible person

Farzaneh zare

Position

Student

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
Undecided - It is not yet known if there will be 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
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
The main outcome data of the research and the results of the data analysis are 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
Researchers working in universities, psychotherapy and psychology centers
Under which criteria data/document could be used
Data and documents can be sent without mentioning the name of the participants. Necessary conditions for performing statistical analyzes are obtaining permission from the authors of the research and the ethics committee of the university.
From where data/document is obtainable
Refer to the authors of the research (student and supervisor), Islamic Azad University, Maroodasht branch and the journal in which the article related to this research will be published.
What processes are involved for a request to access data/document
Submitting an application to the Islamic Azad University of Maroodasht branch and progressing the administrative steps of the issue process in the university's research vice-chancellor
Comments