

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of treatment based on acceptance and commitment on increasing academic motivation, quality of life in school and reducing academic failure of students with active memory disorder

Protocol summary

Study aim

Determining the effectiveness of treatment based on acceptance and commitment on increasing academic motivation, quality of life at school and reducing academic failure of students with active memory disorder.

Design

The research implementation method will be as follows; First, according to the current research method, 40 people (20 people in the experimental group and 20 people in the control group) will be selected as a statistical sample from among the statistical population of this research. The population, sample, sample size and sampling method are introduced in detail in the following sections. Then, Ainli and Burke's (1992) Quality of Life at School test, Harter's standard academic motivation questionnaire (1981) and the GPA of the last semester of each student will be taken as a pre-test from all the people in the statistical sample.

Settings and conduct

This research will be carried out to determine the effectiveness of acceptance and commitment therapy in terms of education and quality of life in school and reducing the academic failure of students with active memory disorders, acceptance and commitment therapy sessions for experimental group subjects in 8 sessions. will be done.

Participants/Inclusion and exclusion criteria

All working male students studying in the first year of high school in Iranshahr who suffer from active memory disorder will be included.

Intervention groups

For the experimental group, an 8-session commitment-based acceptance training intervention will be presented, including central processes including cognitive dissonance, acceptance, connection with the present, self as context, values, and committed action (Hayes et

al., 2006). Meanwhile, the control group will not receive any treatment

Main outcome variables

Increasing academic motivation, creating positive attitudes and motivations, increasing the quality of life at school

General information

Reason for update

Acronym

ACT

IRCT registration information

IRCT registration number: **IRCT20231212060339N1**

Registration date: **2024-01-04, 1402/10/14**

Registration timing: **registered_while_recruiting**

Last update: **2024-01-04, 1402/10/14**

Update count: **0**

Registration date

2024-01-04, 1402/10/14

Registrant information

Name

Bahram Iranshahri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3734 5882

Email address

bahramiranshahri@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-29, 1402/07/07

Expected recruitment end date

2024-01-27, 1402/11/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of treatment based on acceptance and commitment on increasing academic motivation, quality of life in school and reducing academic failure of students with active memory disorder

Public title

The effectiveness of acceptance and commitment therapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

All working male students studying in the first year of high school in Iranshahr who suffer from active memory disorder

Exclusion criteria:**Age**

From **13 years** old to **15 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Since in the interventional research, at least 20 people have been recommended in each group (Delaware 2013), in order to select the sample by sampling method, 40 qualified students who volunteer to participate in the research and randomly divided into two groups Each group of 20 people will be tested and tested

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 in Islamic Azad University Research

Street address

Islamic Azad University Complex, Zahedan Branch,
University Street

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ZAHEDAN

Province

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Postal code

9816743545

Approval date

2023-12-31, 1402/10/10

Ethics committee reference number

IR.IAU.ZAH.REC.1402.091

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

Working memory disorder

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

Quality of Life at School

Timepoint

Before Starting the Educational Intervention, 60 and 90
Days After the Educational Intervention

Method of measurement

Quality of Life Test at School (Q S I) Ainley and Burke
(1992)

2**Description**

Increase Academic Motivation

Timepoint

Before Starting the Educational Intervention, 60 and 90
Days After the Educational Intervention

Method of measurement

Harter's Standard Academic Motivation Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

In the intervention group: 8 commitment-based
acceptance training intervention sessions will be

provided, including central processes including cognitive dissonance, acceptance, connection with the present, self as context, values and committed action (Hayes et al., 2006).

Category

N/A

2

Description

Control group: without receiving educational intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Education of Iranshahr city

Full name of responsible person

Hossein Bamari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Hamidreza Ganjali

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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

Islamic Azad University, Zahedan 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

Islamic Azad University

Full name of responsible person

FatmehSoghra Karbalayi Harofteh

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Education of exceptional children

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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

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Information on the main outcomes is shared

When the data will become available and for how long

Access started from 1403

To whom data/document is available

Supervisor, advisor and referees

Under which criteria data/document could be used

Checking the accuracy of statistical data

From where data/document is obtainable

Contact the researcher through the university research unit Email address: bahramiranshahri@gmail.com

Contact number: 09113180257

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

Review of the presented research report Request to send Data files via e-mail or contact number of the researcher Sending the Data file by the researcher via e-mail, research assistant system or internal social messengers

Comments

Does not have

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Fatmeh Soghra Karbalayi Harofteh

Position

Professor

Latest degree

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Other areas of specialty/work

Psychology

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