Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of Acceptance and Commitment Therapy on Rumination and Distress Tolerance of divorced women

Protocol summary

Study aim
The effect of Acceptance and Commitment Therapy on Rumination and Distress Tolerance of divorced women

Design
This research was a quasi-experimental before - after with the control group study, that was performed as a randomized clinical trial.

Settings and conduct
This study was conducted in Bawar Counseling Center and the meetings were held in one of the rooms of the center. In the intervention group, two groups of 9 and 8 people received training by one person. In each session, one of the concepts of ACT therapy was taught and repeated and practiced. In this study, the control group did not receive any intervention and they did not participate in any non-pharmacological intervention until the end of the study

Participants/Inclusion and exclusion criteria
The Inclusion criteria: not using psychiatric drugs, being in the age range of 20 to 50 years، minimum education of reading and writing, at least 2 years have passed since the divorce, failure to complete a training course or any similar intervention during treatment . Exclusion criteria:remarriage, unwillingness to participate in the study and participating in other non-pharmacological treatments during the study.

Intervention groups
Intervention group: Act therapy was performed during 8 sessions of 90 minutes for the participants in the intervention group. Each session, a discussion was started on a specific topic, which included familiarity, acceptance, mindfulness, familiarity with the concepts of value and need, focus on breathing, teaching commitment and action, which were practiced in each session. and it was repeated and finally in the last meeting the contents were summed up and summarized. Control group: No intervention was performed in the control group and they did not participate in any other non-pharmacological treatments at the same time.

Main outcome variables
Rumination , Distress Tolerance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20231219060475N1**
Registration date: **2024-01-20, 1402/10/30**
Registration timing: **retrospective**

Last update: **2024-01-20, 1402/10/30**
Update count: **0**

Registration date
2024-01-20, 1402/10/30

Registrant information

Name
Maryam Bajelani
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 86 3457 5044
Email address
marjanbajelani4030@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-06-20, 1402/03/30

Expected recruitment end date
2023-07-21, 1402/04/30

Actual recruitment start date
2023-06-20, 1402/03/30

Actual recruitment end date
2023-07-21, 1402/04/30

Trial completion date
2023-07-21, 1402/04/30

Scientific title
The effect of Acceptance and Commitment Therapy on Rumination and Distress Tolerance of divorced women

Public title
The Effect Of ACT on Rumination and Distress Tolerance
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Not using psychiatric drugs Being in the age range of 20 to 50 years Minimum education of reading and writing At least 2 years have passed since the divorce Failure to complete a training course or any similar intervention during treatment. Proficient in Persian language
Exclusion criteria:
Remarriage, Unwillingness to participate in the study Participating in other non-pharmacological treatments during the study
Age
From **20 years** old to **50 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **34**
Actual sample size reached: **34**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, 34 sample from divorced woman who had the criteria to enter were selected by simple random sampling. Each of these woman had equal chance to be selected in intervention and control groups. Each women’s name was on a separate card and placed in a box. Then we mixed the cards and drew out the first 18 cards as the intervention group and the second 18 cards as the control group.
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 Arak Branch
Street address
Islamic Azad University Arak Branch, 3rd km of Khomein road, Imam Khomeini Square , Arak, Iran
City
Arak
Province
Markazi
Postal code
38361-1-9131
Approval date
2023-05-29, 1402/03/08
Ethics committee reference number
IR.IAU.ARAK.REC.1402.075

Health conditions studied

1

Description of health condition studied
Rumination and Distress Tolerance
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Rumination
Timepoint
Measurement of Rumination before intervention and one week after intervention
Method of measurement
The rumination questionnaires of Nalen Hogsma

2

Description
Distress Tolerance
Timepoint
Measurement of Distress Tolerance before intervention and one week after intervention
Method of measurement
The Distress Tolerance questionnaires of Simmons and Gaher

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Act therapy was performed during 8 sessions of 90 minutes for the participants in the intervention group. Each session, the topics of the previous sessions were reviewed and a discussion was

started on a specific topic, which included familiarity, acceptance, mindfulness, familiarity with the concepts of value and need, focus on breathing, teaching commitment and action, which were practiced in each session. and it was repeated and finally in the last meeting the contents were summed up and summarized.

Category

Treatment - Other

2

Description

Control group: it was selected as a comparison group and received no intervention and there was no other non-pharmacological intervention until the end of the study.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Bawar Counseling Center

Full name of responsible person

کیانوش امینی

Street address

Abbas Abad Street,Haj Agha Shams Alley, Sinohe Doctors Building 2, Arak

City

Arak

Province

Markazi

Postal code

1474673776

Phone

+98 86 3221 4433

Email

Bavarcounseling123@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Arak Branch

Full name of responsible person

Vice President of Research and Technology of Islamic Azad University Arak Branch

Street address

Islamic Azad University Arak Branch, 3rd km of Khomein road, Imam Khomeini Square , Arak, Iran

City

Arak

Province

Markazi

Postal code

38361-1-9131

Phone

+98 86 3413 2451

Email

ipd@iau-arak.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University Arak 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 Arak Branch

Full name of responsible person

Maryam Bajelani

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Karahrood Street, Farhadi Alley, Arak

City

Arak

Province

Markazi

Postal code

3831667539

Phone

+98 86 3457 5044

Email

Marjanbajelani4030@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University Arak Branch

Full name of responsible person

Maryam Bajelani

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address
Karahrood Street, Farhadi Alley, Arak
City
Arak
Province
Markazi
Postal code
3831667539
Phone
+98 86 3457 5044
Email
marjanbajelani4030@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University Arak Branch
Full name of responsible person
Maryam Bajelani
Position
Master Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Karahrood Steet, Farhadi Alley, Arak
City
Arak
Province
Markazi
Postal code
3831667539
Phone
+98 86 3457 5044
Email
marjanbajelani4030@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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