

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 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

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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

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Abbas Abad Street, Haj Agha Shams Alley, Sinohe
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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

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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 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

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

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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