Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing the effectiveness of acceptance and commitment-based therapy and compassion-focused therapy on death anxiety, fear of falling, life expectancy and demoralization symptoms in patients with multiple sclerosis

Protocol summary

Study aim

Determining the comparative effectiveness of acceptance and commitment-based therapy and compassion-focused therapy on death anxiety, fear of falling, life expectancy and demoralization symptoms in patients with multiple sclerosis.

Design

The clinical trial will include two intervention groups, ACT, CFT, and a control group, which will be purposefully sampled and assigned to the groups using a random number table.

Settings and conduct

After sampling and performing the pre-test, each group will be individually subjected to CFT and ACT intervention, and then the post-test will be performed in that case, and these measures will be performed by obtaining the necessary permits in Imam Reza Hospital, Tabriz University of Medical Sciences

Participants/Inclusion and exclusion criteria

Criteria for the diagnosis of MS by a neurologist Being 20 to 50 years old At least two years have passed since the illness Consent to participate in the research and not having other acute and chronic physical and psychological diseases based on the patient's medical record Exit criteria Absence in two training sessions Non-cooperation and not doing the tasks specified in the training course

Intervention groups

In this research, there will be three groups including two intervention groups with ACT and CFT treatment on MS patients and one group as a control group.

Main outcome variables

death anxiety ; fear of falling (falling); life expectancy; Depression syndrome

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231112060034N1**
Registration date: **2024-01-04, 1402/10/14**
Registration timing: **prospective**

Last update: **2024-01-08, 1402/10/18**
Update count: **1**

Registration date

2024-01-04, 1402/10/14

Registrant information

Name

AmirAbolfazl Azizpour

Name of organization / entity

Tabriz Azad University

Country

Iran (Islamic Republic of)

Phone

+98 41 4423 9382

Email address

stu.a.azizpour@iaut.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-05, 1402/10/15

Expected recruitment end date

2024-02-04, 1402/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of acceptance and commitment-based therapy and compassion-focused therapy on death anxiety, fear of falling, life expectancy and demoralization symptoms in patients with multiple sclerosis

Public title
Investigating the effect of acceptance and commitment-based therapy and compassion-focused therapy on multiple sclerosis patients

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Diagnosis of MS disease by brain and nerve specialist and referral of medical case to MS Society Being 20 to 50 years old At least two years have passed since the illness Consent to participate in the research Not having other acute and chronic physical and psychological diseases based on the patient's medical record
Exclusion criteria:
Absence in two training sessions and non-cooperation Not doing the tasks specified in the training course

Age
From **20 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

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
Research Ethics Committees of Islamic Azad university-Tabriz Branch
Street address
Nagin Building, Golestan Street, Amir Kabir Street, Baghmisheh Town
City
Tabriz
Province
East Azarbaijan
Postal code
5155994599

Approval date
2023-08-08, 1402/05/17

Ethics committee reference number
IR.IAU.TABRIZ.REC.1402.201

Health conditions studied

1

Description of health condition studied
Multiple sclerosis

ICD-10 code
G35

ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
The score that subjects will get from answering the questions of the death anxiety scale (Templer, 1970).

Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period

Method of measurement
Templer Death Anxiety Scale

2

Description
The score that the subjects will get from the answers to the questions of the short scale of efficiency in falling the international form (Kampen et al., 2008).

Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period

Method of measurement
Short scale of efficiency in falling - international form

3

Description
The score that the subjects will get from the answers to the questions of the depression syndrome questionnaire (Kisan et al., 2004).

Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period

Method of measurement
Questionnaire of Kisan's low morale syndrome

4

Description
The score that subjects will get from answering the questions of Omid Snyder's questionnaire (Snyder, 1991).
Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period
Method of measurement
Hope Snyder questionnaire

5

Description
In the current research, acceptance and commitment based therapy is the training of skills based on the acceptance and commitment therapy protocol (Hayes and Stroshall, 2005), and it will be carried out during 8 sessions of 60 minutes.
Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period
Method of measurement
Treatment protocol based on acceptance and commitment

6

Description
In the present research, the treatment focused on compassion is the training of skills based on the program of Gilbert (2010) and will be carried out during 8 sessions of 60 minutes.
Timepoint
Pre-test and post-test before and after ACT, CFT intervention and after the follow-up period
Method of measurement
Compassion-focused therapy

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: For the first experimental group, commitment-based acceptance therapy will be performed in 8 sessions of 60 minutes. The commitment-based acceptance therapy used in this research will be based on the therapeutic protocol of Hayes and Stroshall (2005).
Category
Treatment - Other

2

Description
Intervention group: For the second experimental group, treatment focused on compassion will be done in 8 sessions of 60 minutes. The therapy focused on compassion used in this study was determined based on the program of Gilbert (2010).
Category
Treatment - Other

3

Description
Control Group: Includes 20 samples who will not get any therapeutic intervention
Category
Diagnosis

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Reza Tabriz Hospital
Full name of responsible person
Mojtaba Mohammadzadeh
Street address
Golgasht St., in front of the central organization of the University-Imam Reza Educational and Medical Center
City
Tabriz
Province
East Azarbaijan
Postal code
5166614756
Phone
+98 41 3334 7054
Fax
+98 41 3335 2073
Email
imamreza@tbzmed.ac.ir
Web page address
https://imamreza.tbzmed.ac.ir/

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Rahim Vakilzadeh
Street address
astern side of Pasdaran highway, Tabriz Islamic Azad University educational complex
City
Tabriz
Province
East Azarbaijan
Postal code
5157944533
Phone
+98 41 3196 6000
Fax

+98 41 3196 6000

Email

info@iaut.ac.ir

Web page address

https://tabriz.iau.ir/

Grant name

Grant code / Reference number

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

No

Title of funding source

Islamic Azad university

Proportion provided by this source

1

Public or private sector

Private

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

AmirAbolfazl Azizpour

Position

Psychologist

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Nagin Building, Golestan Street, Amir Kabir Street, Baghmisheh Town

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Person responsible for scientific inquiries

Contact

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Position

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Person responsible for updating data

Contact

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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

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

There is no further information

When the data will become available and for how long

There is no further information

To whom data/document is available

There is no further information

Under which criteria data/document could be used

There is no further information

From where data/document is obtainable

There is no further information

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

There is no further information

Comments