Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of Compassion-Enriched Acceptance and Commitment Therapy, Alexithymia , anxiety and social adjustment of shy adolescent girls

Protocol summary

Study aim
Treatment based on acceptance and commitment enriched with compassion, on emotional inadequacy, anxiety and social adjustment of shy teenage girls.

Design
The field method was used and then two schools were selected by cluster sampling. Then 36 people were selected as a sample in a non-random manner, and they were placed in two groups of 18 experimental and 18 control.

Settings and conduct
Ferdows High School. After receiving permission from two schools and after coordination, the shyness questionnaire was first administered to the students. 36 people were selected as a sample and were placed in the experimental and control groups, and treatment was administered to the experimental group. No intervention was performed in the control group. One week after the end of the treatment in the experimental group, the questionnaires were again distributed to both groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria: High score in shyness questionnaire Failure to receive clinical or pharmaceutical counseling services Not having a psychological disorder outside the variables Exclusion criteria: Reluctance to participate Having a psychological illness interfering with the results

Intervention groups
The experimental group consists of shy adolescent girls who receive an acceptance and commitment therapy intervention enriched with compassion. The control group consists of shy adolescent girls who do not receive the intervention.

Main outcome variables
Emotional inadequacy,social anxiety ,social adjustment ,shyness

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20241116063743N1**
Registration date: **2024-12-23, 1403/10/03**
Registration timing: **retrospective**

Last update: **2024-12-23, 1403/10/03**
Update count: **0**

Registration date
2024-12-23, 1403/10/03

Registrant information
Name
Seyedeh mahla Lavasani
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
2023-09-23, 1402/07/01
Expected recruitment end date
2023-11-26, 1402/09/05
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of Compassion-Enriched Acceptance and Commitment Therapy, Alexithymia , anxiety and social adjustment of shy adolescent girls

Public title
The effect of acceptance and commitment therapy on shyness

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Having a high score in the shyness questionnaire (a score higher than 28 in the shyness questionnaire) Not receiving clinical or pharmaceutical counseling services at the same time as the research Not having a disease or psychological disorder outside of the variables discussed in the research

Exclusion criteria:
Unwillingness to continue participating in research Absence more than 2 times in treatment sessions Having a disease or psychological disorders interfering in the results, during the implementation of the research receiving drug treatment or clinical interventions at the time of conducting the research

Age
From **15 years** old to **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **36**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of azad University of sari branch

Street address
Shahband Street, nezam mohandesi Street, in front of kushasang 5

City
Sari

Province
Mazandaran

Postal code
4816789845

Approval date
2024-11-17, 1403/08/27

Ethics committee reference number
IR.IAU.SARI.REC.1402.292

Health conditions studied

1

Description of health condition studied
Alexithymia,social adjustment,shy adolescent girls،emotional deficiency

ICD-10 code
F06.4

ICD-10 code description
Anxiety disorder due to known physiological condition

Primary outcomes

1

Description
Alexithymia

Timepoint
The effect of therapy based on acceptance and commitment, enriched with compassion, on emotional distress. Measurement of emotional distress is performed before the intervention and after its completion.

Method of measurement
Toronto Emotional Dysfunction Questionnaire

2

Description
social anxiety

Timepoint
The effect of therapy based on acceptance and commitment enriched with compassion on social anxiety, measurement of social anxietyis done before the start of the intervention and after its completion.

Method of measurement
Social Anxiety Questionnaire (SPIN)

3

Description
Increase social adjustment

Timepoint
The effect of therapy based on acceptance and commitment enriched with compassion on social adjustment. Measurement of social adjustment is done before the start of the intervention and after its completion.

Method of measurement
California Social Adjustment Questionnaire Thorpe et al

Secondary outcomes

empty

Intervention groups

1

Description

In this study, acceptance and commitment therapy enriched with compassion is an intervention designed based on the Hayes and Gilbert guidelines. The treatment will be implemented in 8 90-minute sessions, 1 session per week. The goals and content of the sessions are as follows:1.Introducing therapy sessions and conducting a pre-test, introducing and getting to know the group members, stating the group rules and goals, introducing ACT therapy focused on compassion, suffering, healing, and introducing the causes of human suffering.2.Efficiency as a measurement criterion, creating creative despair, introducing emotion regulation systems, introducing types of human suffering, introducing types of human needs, introducing dimensions of compassion 3.Expressing control as a problem, the conscious brain 4.Using cognitive decoupling techniques, interfering with the functioning of problematic language chains, weakening self-alignment with thoughts and emotions 5.Weakening the self-concept and expressing oneself as an observer, demonstrating the separation between self, inner experiences and behavior, applying mindfulness techniques, performing imagery, introducing the characteristics of a kind person. 6.Modeling going out of mind, learning to see inner experiences as a process, introducing different dimensions of compassionate attention, introducing non-judgmentalism 7.Showing the dangers of focusing on results, discovering practical values in life, retelling the characteristics of a kind person, introducing kind behavior, introducing types of compassionate behavior. 8.Determining patterns of action consistent with values, reintroducing kind behavior, conducting a post-test

Category

Other

2

Description

Control group: No activity was done on the control group, and after the intervention on the experimental group, the two groups were compared again.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ferdos high school

Full name of responsible person

seyedeh robabeh khatami

Street address

tabarestan street , khazar Blvd

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Ferdoshighschool75@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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Grant name

No

Grant code / Reference number

نداریم

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

No

Title of funding source

No

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

seyedeh mahla lavasani

Position
master of clinical psychology

Latest degree
Master

Other areas of specialty/work
Psychology

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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
Yes - There is 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
Yes - There is 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
All of the data can be shared All data is shareable except information with which individuals can be identified

When the data will become available and for how long
Access starts 6 months after the results are published

To whom data/document is available
Researchers and students in the field of mental health

Under which criteria data/document could be used
No special conditions are required

From where data/document is obtainable
For researchers and students in the field of mental health Please refer to the email address lavasanimahla72@gmail.com

What processes are involved for a request to access data/document
The data will be provided to the applicant after receiving the email and necessary review

Comments