

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effectiveness of acceptance and commitment therapy (ACT) on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Protocol summary

Study aim

The effectiveness of acceptance and commitment therapy on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Design

The study is a quasi-experimental clinical trial with a control group. A total of 30 participants were randomly allocated to the experimental or control group using a random number table.

Settings and conduct

The target population of this study consists of women visiting charity centers and NGOs in Tehran. A convenience sampling method was employed, with 30 female victims of domestic violence randomly selected and assigned to either the experimental or control group. Participants in the experimental group then underwent eight sessions of Acceptance and Commitment Therapy (ACT) group intervention, while the control group received no treatment.

Participants/Inclusion and exclusion criteria

being married having literacy (ability to read and write) willingness to participate in the research scoring between 48 to 64 on the "Violence Against Women" questionnaire

Intervention groups

The experimental group participates in eight sessions of Acceptance and Commitment Therapy (ACT) group therapy, whereas the control group receives no intervention.

Main outcome variables

Examining the Effectiveness of Acceptance and Commitment Therapy (ACT) on Three Variables: Loneliness, Fatigue, and Internalized Shame

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250420065402N1**
Registration date: **2025-08-04, 1404/05/13**
Registration timing: **retrospective**

Last update: **2025-08-04, 1404/05/13**

Update count: **0**

Registration date

2025-08-04, 1404/05/13

Registrant information

Name

farima jahanbakhshi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 903 453 8926

Email address

fa.jahanbakhshi@iau.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-04-08, 1404/01/19

Expected recruitment end date

2025-07-20, 1404/04/29

Actual recruitment start date

2025-04-08, 1404/01/19

Actual recruitment end date

2025-04-23, 1404/02/03

Trial completion date

empty

Scientific title

The effectiveness of acceptance and commitment

therapy (ACT) on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Public title

The effectiveness of acceptance and commitment therapy (ACT)

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being married Having literacy (ability to read and write) Willingness to participate in the program Scoring between 48 to 64 on the "Violence Against Women" questionnaire

Exclusion criteria:

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

For randomization, a random number table is used. First, each participant is assigned a unique number. Then, participants with even numbers are allocated to the intervention group, while those with odd numbers are assigned to the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Islamic Azad University-Ahvaz branch

Street address

اهواز- بزرگراه گلستان- فرهنگ شهر- دانشگاه آزاد اسلامی واحد اهواز- دانشکده پرستاری و مامایی

City

Ahvaz

Province

Khuzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2025-02-16, 1403/11/28

Ethics committee reference number

IR.IAU.AHVAZ.REC.1403.505

Health conditions studied

1

Description of health condition studied

fatigue, internalized shame and feeling of loneliness

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

the obtained scores on the multidimensional fatigue inventory MFI (Smets et al, 1995), internalized shame scale (Cook, 1993) and loneliness questionnaire (Russel, 1996)

Timepoint

baseline and post-intervention

Method of measurement

the multidimensional fatigue inventory MFI (Smets et al, 1995), internalized shame scale (Cook, 1993) and loneliness questionnaire (Russel, 1996)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: participants attended eight sessions of acceptance and commitment therapy intervention

Category

Behavior

2

Description

Control group: Participants who received no intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Avaye Omid Mehravaran-e Zendegi Non-Governmental Organization (NGO)

Full name of responsible person

Mehdi Shafakhah

Street address

Unit 446, 2nd Floor, Block D2 (Hafez), Entrance 13,
Hafez Residential Complex, East Shokouri Street,
Ekbatan, Tehran, Iran

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+98 21 4466 1790

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info@avayeomid.org

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Alireza Navidi

Street address

Islamic Azad University, Ahvaz Branch Farhang Shahr,
Golestan Highway Ahvaz, Khuzestan Province, Iran

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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

Proportion provided by this source

100

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

Farima jahanbakhshi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available