

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with internet addiction.

Protocol summary

Distress tolerance; Dialectical behavior therapy;
Acceptance and commitment therapy; Internet addiction

Study aim

This study aims to compare the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with Internet addiction.

Design

Clinical trial with control group, with parallel groups, without blinding, randomized, implementation of phases on 45 people

Settings and conduct

A quasi-experimental study with a sample size of 45 adolescent male students aged 14 to 18 years diagnosed with Internet addiction will be used. After screening with Young's Internet Addiction Questionnaire, participants will be randomly divided into three dialectical behavior therapy groups with a sample size of 15, an acceptance and commitment therapy group with a sample size of 15, and a control group with a sample size of 15. Therapeutic interventions will also be conducted twice a week for eight sessions. Pre-test and post-test will also be conducted using the Distress Tolerance Questionnaire.

Participants/Inclusion and exclusion criteria

Inclusion criteria included male adolescents, aged 14 to 18 years, residing in Karaj city, diagnosed with Internet addiction, having informed consent to participate in the research, being a student, and not suffering from other psychological disorders. Exclusion criteria included receiving concurrent drug treatment and receiving concurrent psychological treatment.

Intervention groups

Dialectical Behavior Therapy Group: By implementing the eight-session dialectical behavior therapy protocol
Acceptance and Commitment Therapy Group: By implementing the eight-session acceptance and commitment therapy protocol
Control Group: Will not receive any therapeutic intervention

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250724066614N1**

Registration date: **2025-08-23, 1404/06/01**

Registration timing: **prospective**

Last update: **2025-08-23, 1404/06/01**

Update count: **0**

Registration date

2025-08-23, 1404/06/01

Registrant information

Name

Piran Kamalzade

Name of organization / entity

The University of Tabriz

Country

Iran (Islamic Republic of)

Phone

+98 21 8145 6061

Email address

b.kbenyamin83@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-16, 1404/06/25

Expected recruitment end date

2025-10-22, 1404/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with internet addiction.

Public title

Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Teenage boys Age 14 to 18 years Resident of Karaj city With the diagnosis of Internet addiction Having informed consent to participate in research Student Absence of other psychological disorders

Exclusion criteria:

Receiving concurrent drug treatment Receiving psychological treatments at the same time

Age

From **14 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

A simple randomization method is used in which individuals are randomly assigned to three different groups. The lottery tool consists of 45 balls, and individuals will be assigned to three groups: Dialectical behavior therapy, acceptance and commitment therapy, and control, based on the number inside the ball.

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 Tabriz University

Street address

Secretariat of the University's Biomedical Ethics Committee, Central Library and Documentation Center of Tabriz University , University of Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166616471

Approval date

2025-03-15, 1403/12/25

Ethics committee reference number

IR.TABRIZU.REC.1404.063

Health conditions studied**1****Description of health condition studied**

Internet addiction

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Distress tolerance

Timepoint

Before the intervention and one month after the intervention

Method of measurement

Simmons and Gaher Distress Tolerance Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Acceptance and Commitment Group : After screening with the Young Internet Addiction Test, 15 high school students will be placed in an acceptance and commitment therapy group under an eight-session, 1.5-hour treatment protocol twice a week. The measurement tools include the Young Internet Addiction Test and the Simmons and Gahr Distress Tolerance Test. The pre-test and post-test will be administered approximately one and a half months apart.

Category

Behavior

2

Description

Intervention group: Dialectical Behavior Therapy Group : After screening with the Young Internet Addiction Test, 15 high school students will be placed in a dialectical therapy group under an eight-session treatment protocol of 1.5 hours, twice a week. The measurement tools include the Young Internet Addiction Test and the Simmons and Gahr Distress Tolerance Test. The pre-test and post-test will be administered approximately one and a half months apart.

Category

Behavior

3

Description

Control group: The control group consists of 15 people and will not receive any intervention. Only the pre-test and post-test of distress tolerance will be administered to them.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahriar High School

Full name of responsible person

Ali Hosseini

Street address

No. 526, 120 st., Eram Blvd., Mehrshahr city

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Province

Alborz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

the university of Tabriz

Full name of responsible person

Dr. khosro adib kia

Street address

Tabriz university, 29 Bahman Blvd., Daneshgah Blvd

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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

the university of Tabriz

Proportion provided by this source

5

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

The University of Tabriz

Full name of responsible person

Khalil Esmaeilpour

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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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)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information.

Study Protocol

No - There is not 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