# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school studentsi

## Protocol summary

**Study aim**
Determining the effectiveness of acceptance and commitment therapy on reducing depression, anxiety, and stress in female high school students
**Design**
The research is an interventional study with two control groups (no intervention) and an experiment (intervention) in the form of a pre-test and post-test.
**Settings and conduct**
The study is conducted in high school girls in Saravan as an intervention with pre-test and post-test.
**Participants/Inclusion and exclusion criteria**
The entry requirement is to be a girl who has completed her second year of high school in Saravan.
**Intervention groups**
A group of 15 people
**Main outcome variables**
Acceptance and commitment therapy, depression, anxiety, stress

## General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20251002067474N1**
Registration date: **2025-10-10, 1404/07/18**
Registration timing: **registered_while_recruiting**

Last update: **2025-10-10, 1404/07/18**
Update count: **0**
**Registration date**
2025-10-10, 1404/07/18

**Registrant information**
**Name**
Arezoo Sabetghadam
**Name of organization / entity**
**Country**
Iran (Islamic Republic of)
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**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2025-10-07, 1404/07/15
**Expected recruitment end date**
2025-10-12, 1404/07/20
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school studentsi

**Public title**
The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school students
**Purpose**
Education/Guidance
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Female student of the second high school in Saravan
**Exclusion criteria:**
**Age**
From **15 years** old to **18 years** old
**Gender**
Female

**Phase**
3
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **30**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
The 30 students with the highest total scores on the DASS-21 questionnaire (those with the highest levels of stress, depression, and anxiety) are selected. Then, using a random number table, 15 are randomly assigned to the experimental group and 15 to the control group.
**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 the Faculty of Medicine, Islamic Azad University, Zahedan Branch
**Street address**
Faculty of Medical Sciences, Islamic Azad University, University Boulevard
**City**
Zahedan
**Province**
Sistan-va-Balouchestan
**Postal code**
9816743578
**Approval date**
2025-09-27, 1404/07/05
**Ethics committee reference number**
IR.IAU.ZAH.REC.1404.073

## Health conditions studied

### 1

**Description of health condition studied**
Depression
**ICD-10 code**
**ICD-10 code description**

### 2

**Description of health condition studied**
anxiety
**ICD-10 code**
**ICD-10 code description**

### 3

**Description of health condition studied**
stress
**ICD-10 code**
**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Depression score
**Timepoint**
Before the intervention (pre-test) and after the intervention (post-test)
**Method of measurement**
DASS-21 questionnaire

### 2

**Description**
Anxiety score
**Timepoint**
Before the intervention (pre-test) and after the intervention (post-test)
**Method of measurement**
DASS-21 questionnaire

### 3

**Description**
Stress score
**Timepoint**
Before the intervention (pre-test) and after the intervention (post-test)
**Method of measurement**
DASS-21 questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group: 15 students, commitment and acceptance-based therapy training intervention
**Category**
Other

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**

Farhangian High School, Seyyed Qutb Street, Saravan

**Full name of responsible person**
Arezoo Sabetghadam

**Street address**
Seyyed Qutb

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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Islamic Azad University, Zahedan Branch

**Full name of responsible person**
Dr. Mehdi Shahraki

**Street address**
Islamic Azad University, University Street

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mehdi.shahraki@iau.ac.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, Zahedan Branch

**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**
Zahedan University of Medical Sciences

**Full name of responsible person**
Arezoo Sabetghadam

**Position**
student

**Latest degree**
Bachelor

**Other areas of specialty/work**
Psychology

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Islamic Azad University, Zahedan Branch, University Street

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## Person responsible for scientific inquiries

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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**
Due to the principle of confidentiality, no personal data from participants will be published, but will only be published in the form of research results.
**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**
Not applicable
**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