Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Acceptance and Commitment Therapy (ACT) on Body Image Satisfaction, Self-Criticism, and Competitive Anxiety in Female Students of Physical Education Vocational Schools

Protocol summary

Study aim

Determining the effectiveness of Acceptance and Commitment Therapy (ACT) on body image satisfaction, self-criticism, and competitive anxiety among female students in physical education vocational schools.

Design

This study is a randomized controlled clinical trial with a control group, parallel groups, assessor-blinded, and single-phase, involving 40 patients.

Settings and conduct

A semi-experimental study with pretest, posttest, a two-month follow-up, and a control group will be conducted on 40 female students from physical education vocational schools (selected through purposive sampling and random allocation). The experimental group will receive nine 90-minute sessions of group Acceptance and Commitment Therapy (ACT). The variables (body image satisfaction, self-criticism, competitive anxiety) will be assessed at three time points, with the assessor blinded to group allocation.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Satisfaction with research participation, no occurrence of stressful events such as the death of relatives or close friends within the past three months, age between 15 to 18 years old. **Exclusion Criteria:** Concurrent receipt of other psychological treatments, absence from more than two sessions.

Intervention groups

Experimental Group (ACT): Nine weekly 90-minute sessions. Content: Training in acceptance skills, mindfulness, identifying values, and committed action to improve body satisfaction and reduce self-criticism and anxiety. Control Group: Will not receive any psychological intervention and will be placed on a waitlist.

Main outcome variables

Body image satisfaction; self-criticism; competitive anxiety.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20251227068456N1**
Registration date: **2026-02-23, 1404/12/04**
Registration timing: **registered_while_recruiting**

Last update: **2026-02-23, 1404/12/04**
Update count: **0**

Registration date

2026-02-23, 1404/12/04

Registrant information

Name

Ferdos Abasi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 933 830 0668

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ferdos.abasi@iau.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-02-20, 1404/12/01

Expected recruitment end date

2026-04-19, 1405/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Acceptance and Commitment Therapy (ACT) on Body Image Satisfaction, Self-Criticism, and Competitive Anxiety in Female Students of Physical Education Vocational Schools

Public title

Investigating the effect of acceptance and commitment-based therapy in female students.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Satisfaction with research participation No occurrence of stressful events such as the death of relatives or close friends in the past three months Age between 15 and 18 years

Exclusion criteria:

Receiving other concurrent psychological treatments Absence from more than two sessions.

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: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

A purposive sampling method will be used to select the statistical sample. Accordingly, 40 students who met the study's inclusion criteria and provided informed consent will be purposively selected and randomly assigned to either an experimental or a control group (20 participants per group). The randomization process will be conducted as follows: Each of the 40 participants will be assigned a unique identification code (from 1 to 40). Then, using random number generator software, each code will be allocated to either the "experimental" or "control" group. The final allocation list will be stored in sealed envelopes and will not be accessible to the interventionist researcher until the start of the intervention. This procedure is implemented to prevent allocation bias. Ultimately, each group will consist of 20 participants.

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 - Ahvaz Branch

Street address

First Floor, Research Ethics Committee Unit, Vice-Chancellor for Research and Technology, Jundishapur University of Medical Sciences, University City, Ahvaz, Iran.

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2025-11-05, 1404/08/14

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.534

Health conditions studied

1

Description of health condition studied

Female students of physical education vocational schools.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Body Image Satisfaction

Timepoint

Before the start of the intervention and at the end of the intervention sessions.

Method of measurement

Body Image Satisfaction Questionnaire.

2

Description

Self-Criticism

Timepoint

Before the start of the intervention and at the end of the intervention sessions.

Method of measurement

Self-Criticism Scale.

3

Description
Competitive Anxiety
Timepoint
Before the start of the intervention and at the end of the intervention sessions.
Method of measurement
Competitive Anxiety Inventory.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and Commitment Therapy (ACT), Participants in the experimental group will receive the Acceptance and Commitment Therapy (ACT) intervention. This intervention will be delivered in the form of 9 weekly group sessions, each lasting 90 minutes. The session content will focus on teaching and practicing core ACT skills, including acceptance of inner experiences, mindfulness, cognitive defusion, identification of personal values, and committed action based on these values. The ultimate goal is to increase psychological flexibility to improve body image satisfaction and reduce self-criticism and competitive anxiety.
Category
Treatment - Other

2

Description
Control group: Does not receive any intervention.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Daro'lfonoon Girls' Vocational Technical School.
Full name of responsible person
Ferdos Abbasi
Street address
6th Roshd Street, Amniat Street, Farhangshahr, Ahvaz, Iran.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Eigdernezhad
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Islamic Azad University, Ahvaz Branch.
Proportion provided by this source
100
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
Islamic Azad University
Full name of responsible person
Ferdos Abbasi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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Contact

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Other areas of specialty/work
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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
Yes - There is a plan to make this available

Title and more details about the data/document
All data can be shared after the participants have been de-identified.

When the data will become available and for how long
Access begins 6 months after final publication.

To whom data/document is available
The general results and findings of this study will be accessible to the public, especially families, professionals in counseling and psychotherapy centers, the State Welfare Organization, the Institute for the Intellectual Development of Children and Young Adults, and other specialists in the field of mental health.

Under which criteria data/document could be used
The data and documents of this study can be used for research, educational, and therapeutic development purposes related to Acceptance and Commitment Therapy (ACT). Access is subject to approval of the research proposal by the principal investigator and compliance with confidentiality regulations (including data anonymization and protection of participants' identities).

From where data/document is obtainable
Correspondence email: a.ferdos1378@yahoo.com

What processes are involved for a request to access data/document
Applicants seeking access to the data who are currently studying at the postgraduate level in one of the fields of psychology, clinical psychology, health psychology, counseling, educational sciences, and physical education, as well as therapists, psychology specialists, counselors at counseling and psychotherapy centers, nutritionists, and physicians related to the field of adolescent health, can obtain access to the anonymized data after submitting their written request and research proposal to the principal investigator's email address. Access to the data is contingent upon approval of the proposal by the research team and compliance with confidentiality regulations (including non-disclosure of participants' identities).

Comments