Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparative Efficacy of Group Cognitive-Behavioral Therapy and Group Acceptance and Commitment Therapy on Academic Procrastination and Emotion Regulation Difficulties: A Double-Blind Randomized Clinical Trial

Protocol summary

Study aim

The aim of this study is to evaluate, within a controlled clinical trial, the effectiveness of group Cognitive Behavioral Therapy compared to group Acceptance and Commitment Therapy in reducing academic procrastination and difficulties in emotion regulation.

Design

This clinical trial comprises three parallel groups (Cognitive Behavioral Therapy (n=15), Acceptance and Commitment Therapy (n=15), and a wait-list (n=15)). The study employs a double-blind design, with randomization conducted using the Random Number Generator v.3 software.

Settings and conduct

The study investigates the effectiveness of psychological interventions. Eligible participants, selected through sampling from students of Zanjan University of Medical Sciences, are assigned to one of the three study groups and receive the corresponding intervention based on their allocation. The interventions will be delivered at Shahid Beheshti Psychiatric Hospital in Zanjan. In the final stage, both the outcome assessor and the statistical analyst will be blinded to the group assignments of the participants.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Residence in the city of Zanjan, Ability to attend all treatment sessions, Scoring above the cutoff point on the screening questionnaires Exclusion Criteria: Prior therapeutic history related to procrastination (more than five sessions), Absence from more than two consecutive intervention sessions, Failure to complete the assessment measures

Intervention groups

Group Cognitive Behavioral Therapy (CBT): 8 sessions based on the protocol of Salsman and Nathan (2008) Group Acceptance and Commitment Therapy (ACT): 8 sessions based on Steven C. Hayes, Kirk D. Strosahl, and Kelly G. Wilson (2011) protocol Waiting List Group: 8 session after finishing the study.

Main outcome variables

Academic procrastination; Difficulty in Emotion Regulation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260509069297N1**
Registration date: **2026-05-09, 1405/02/19**
Registration timing: **prospective**

Last update: **2026-05-09, 1405/02/19**
Update count: **0**

Registration date

2026-05-09, 1405/02/19

Registrant information

Name

omid saed

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 24 3353 4500

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o.saed@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-05-16, 1405/02/26

Expected recruitment end date

2026-05-29, 1405/03/08

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparative Efficacy of Group Cognitive-Behavioral Therapy and Group Acceptance and Commitment Therapy on Academic Procrastination and Emotion Regulation Difficulties: A Double-Blind Randomized Clinical Trial

Public title
Comparing the Effects of Group Cognitive-Behavioral Therapy and Group Acceptance and Commitment Therapy on Academic Procrastination and Emotion Regulation Skills in University Students
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Being a student at Zanjan University of Medical Sciences Being in Zanjan during the study period Willingness to participate in the intervention sessions and research assessments, with provision of informed consent A score greater than 49 on the Procrastination Assessment Scale for Students (PASS) A score greater than 32 on the Tuckman Procrastination Scale (TPS)
Exclusion criteria:
History of receiving more than five sessions of psychotherapy related to procrastination Absence from more than two consecutive treatment sessions Failure to participate in any of the assessment phases
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **500**
Randomization (investigator's opinion)
Randomized
Randomization description
After identifying eligible participants, they will be allocated to three study groups using a block randomization method with the assistance of Random Number Generator (version 3). Accordingly, participants will be randomly assigned to three groups: group Cognitive–Behavioral Therapy (CBT), group Acceptance and Commitment Therapy (ACT), and a waiting list group (WL).
Blinding (investigator's opinion)
Double blinded
Blinding description
During the assessment phase, a collaborating psychologist will conduct the evaluations. Moreover, in the statistical analysis phase, the data will be provided to the analyst in a coded format and without any identifying labels.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Zanjan University of Medical Sciences
Street address
Zanjan University of Medical Sciences, Dr. Yousef Sobhouti Blvd., Zanjan, Iran
City
Zanjan
Province
Zanjan
Postal code
4513956184
Approval date
2019-12-10, 1398/09/19
Ethics committee reference number
IR.ZUMS.REC.1398.359

Health conditions studied

1

Description of health condition studied
Academic Procrastination
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Difficulties in Emotion Regulation
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Academic Procrastination
Timepoint
Pre-intervention, Post-intervention, and 3-month follow-up
Method of measurement

Procrastination Assessment Scale–Students (PASS)

Secondary outcomes

1

Description
Difficulties in Emotion Regulation
Timepoint
Pre-intervention, Post-intervention, and 3-month follow-up
Method of measurement
Difficulties in Emotion Regulation Scale (DERS)

Intervention groups

1

Description
Intervention group: Cognitive–Behavioral Group Therapy for Procrastination (8 sessions)
Category
Behavior

2

Description
Intervention group: Acceptance and Commitment Group Therapy for Procrastination (8 sessions)
Category
Behavior

3

Description
Control group: Wait-list
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Zanjan University of Medical Sciences
Full name of responsible person
Omid Saed
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Zanjan University of Medical Sciences, Dr. Yousef Sobhouti Blvd., Zanjan, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Zanjan University of Medical Sciences
Full name of responsible person
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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
Zanjan University of Medical Sciences
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
Zanjan University of Medical Sciences
Full name of responsible person
Omid Saed
Position
Associate Professor
Latest degree
Ph.D.
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)
Undecided - It is not yet known if there will be a plan to make this available
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
Undecided - It is not yet known if there will be a plan to make this available
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