Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of acceptance and commitment therapy (ACT) on self-compassion, alexithymia, and dysthymia among female high school students with depressive mood in Izeh County

Protocol summary

Study aim

The general objective of the present study is to determine the effectiveness of Acceptance and Commitment Therapy (ACT) on self-compassion, alexithymia, and dysthymia in female high school students with depressive mood in senior secondary schools in Izeh.

Design

A randomized controlled clinical trial with parallel groups and no blinding will be conducted on 30 female senior secondary school students with depressive mood. Randomization will be performed using a random numbers table. A total sample of 30 participants (15 in each group) will enter the study. There is no applicable study phase.

Settings and conduct

This study will be conducted in Izeh among female senior secondary school students with depressive mood who meet the inclusion criteria. A total of 30 participants will be selected and randomly assigned, using a random numbers table, to two groups of 15 students each: an experimental group and a control group. Given the nature of the intervention, no blinding will be performed in this study. The experimental group will receive Acceptance and Commitment Therapy (ACT), while the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria

Inclusion criteria: obtaining a score of 37 or higher (cutoff score) on Beck's Depression Inventory (BDI-II), providing informed consent, and being at least 15 and at most 18 years old and Exclusion criteria: having severe psychiatric disorders and simultaneous participation in other similar educational or therapeutic programs.

Intervention groups

The experimental group will receive Acceptance and Commitment Therapy (ACT) based on the approach of Bond and Hayes (2004) in 8 sessions of 60 minutes, held once a week, while the control group will not receive any intervention.

Main outcome variables

the level of dysthymia in students

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260714070196N1**
Registration date: **2026-07-20, 1405/04/29**
Registration timing: **prospective**

Last update: **2026-07-20, 1405/04/29**
Update count: **0**

Registration date

2026-07-20, 1405/04/29

Registrant information

Name

Saeed Arian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3334 8062

Email address

arianzad2881@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-07-22, 1405/04/31

Expected recruitment end date

2026-08-05, 1405/05/14

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 self-compassion, alexithymia, and dysthymia among female high school students with depressive mood in Izeh County

Public title

The effectiveness of acceptance and commitment therapy (ACT) on self-compassion, alexithymia, and dysthymia among female high school students with depressive mood

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Obtaining a score of 37 or higher (cutoff score) on Beck's Depression Inventory (BDI-II) A minimum age of 15 years and a maximum age of 18 years

Exclusion criteria:

Having severe psychiatric disorders based on medical records or self-report. Simultaneous participation in other similar educational or therapeutic programs

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: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

First, a list of all eligible participants will be prepared and each person will be assigned a unique numerical code. Then, using a random number table, a random sequence of these codes will be generated. According to this sequence, participants will be randomly allocated to one of the two groups (intervention or control), such that the probability of assignment to each group is equal for every participant. The process of generating random numbers and assigning participants to groups will be carried out by a researcher who is not involved in outcome assessment, in order to ensure true random allocation and to reduce allocation bias.

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 Islamic Azad University of Ahvaz Branch

Street address

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-06-01, 1405/03/11

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.215

Health conditions studied

1

Description of health condition studied

Dysthymia

ICD-10 code

F34.1

ICD-10 code description

Dysthymic disorder

Primary outcomes

1

Description

The dysthymia score based on the Beck Depression Inventory (BDI-II)

Timepoint

Before and after the implementation of acceptance and commitment therapy (ACT)

Method of measurement

The 25-item Beck Depression Inventory (BDI-II)

Secondary outcomes

1

Description

The self-compassion score from the Self-Compassion Scale (Reis, 2011)

Timepoint

Before and after the implementation of acceptance and commitment therapy (ACT)

Method of measurement

The 12-item Self-Compassion Scale (Reis, 2011)

2

Description
The alexithymia score from the Toronto Alexithymia Scale (TAS-20)
Timepoint
Before and after the implementation of acceptance and commitment therapy (ACT)
Method of measurement
The 20-item Toronto Alexithymia Scale (TAS-20)

Intervention groups

1

Description
Intervention group: will receive acceptance and commitment therapy (ACT) based on the approach of Bond and Hayes (2004) in eight 60-minute sessions, one session per week
Category
Rehabilitation

2

Description
Control group: Participants in this group will not receive any psychological intervention related to the study during the research period and will only be assessed at the pretest and posttest stages
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Izeh Branch
Full name of responsible person
Mehran Ourak Notarki
Street address
Islamic Azad University, Izeh branch, Daneshjoo square, Zagros boulevard
City
Izeh
Province
Khouzestan
Postal code
6391693627
Phone
+98 996 477 0611
Email
info@iaulzeh.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Behrang Mohammad Salehi
Street address
Islamic Azad University, Izeh branch, Daneshjoo square, Zagros boulevard
City
Izeh
Province
Khouzestan
Postal code
6391693627
Phone
+98 996 477 0611
Email
info@iaulzeh.ac.ir
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
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
Mehran Ourak Notarki
Position
Master’s student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Islamic Azad University, Izeh branch, Daneshjoo square, Zagros boulevard
City
Izeh
Province
Khouzestan
Postal code
6391693627
Phone
+98 996 477 0611
Email
Arianzad2881@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mehran Ourak Notarki

Position
Master’s student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
Islamic Azad University, Izeh branch, Daneshjoo square, Zagros boulevard

City
Izeh

Province
Khouzestan

Postal code
6391693627

Phone
+98 996 477 0611

Email
Arianzad2881@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mehran Ourak Notarki

Position
Master’s student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
Islamic Azad University, Izeh branch, Daneshjoo square, Zagros boulevard

City
ایذه

Province
Khouzestan

Postal code
6391693627

Phone
+98 996 477 0611

Email
Arianzad2881@gmail.com

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
Compliance with ethical research standards and ensuring participant data confidentiality

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
No - There is not a plan to make this available

Title and more details about the data/document
As a Master’s thesis

When the data will become available and for how long
From 2026/09/23 onwards

To whom data/document is available
Other contributors

Under which criteria data/document could be used
To advance scientific knowledge and address existing research gaps

From where data/document is obtainable
Thesis Office, Islamic Azad University, Izeh Branch

What processes are involved for a request to access data/document
Referring to the Vice Presidency for Research of Islamic Azad University, Izeh Branch to obtain the relevant permit, followed by referring to the Thesis Office

Comments
Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.