

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Oct 2026

Comparison of the Effectiveness of Mentalization-Based Therapy (MBT) and Acceptance and Commitment Therapy (ACT) in Reducing Impulsivity and Suicidal Ideation and Enhancing Resilience and Cognitive Flexibility in Adolescents with a History of Suicide Attempt in Shiraz

Protocol summary

Study aim

Determining and Comparing the Effectiveness of Mentalization-Based Therapy and Acceptance and Commitment Therapy on Reducing Impulsivity and Suicidal Ideation and Enhancing Resilience and Cognitive Flexibility in Adolescents with a History of Suicide Attempt

Design

A randomized, three-arm parallel-group clinical trial with a control group involving 60 adolescents with a history of suicide attempt. Participants will be randomly assigned to the Mentalization-Based Therapy group (n=20), Acceptance and Commitment Therapy group (n=20), or control group (n=20) using the RAND function in Microsoft Excel. This Phase 2 clinical trial will evaluate the effectiveness of the interventions.

Settings and conduct

Shiraz, Ibn Sina Hospital – Psychotherapy

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Adolescents aged 13 to 18 years with at least one previous suicide attempt; ability to participate in therapy sessions; suitability for interventions confirmed by licensed clinical psychologists; parental or legal guardian informed consent; relative stability of psychiatric medication status (if applicable); and absence of concurrent structured psychotherapy. Exclusion Criteria: Immediate suicide risk requiring hospitalization; severe psychiatric disorders (e.g., active psychosis or mania), severe personality disorders, or conditions interfering with treatment; substance use disorder; severe cognitive impairment or intellectual disability

Intervention groups

Group 1: Participants will receive 10 sessions of Mentalization-Based Therapy (MBT). Group 2: Participants will receive 10 sessions of Acceptance and

Commitment Therapy (ACT)

Main outcome variables

Reduction in impulsivity, reduction in suicidal thoughts, increased resilience, increased cognitive flexibility.

General information

Reason for update

Acronym

MBT-ACT

IRCT registration information

IRCT registration number: **IRCT20260713070174N1**

Registration date: **2026-08-12, 1405/05/21**

Registration timing: **prospective**

Last update: **2026-08-12, 1405/05/21**

Update count: **0**

Registration date

2026-08-12, 1405/05/21

Registrant information

Name

Mohammad Ranjbar

Name of organization / entity

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-09-20, 1405/06/29

Expected recruitment end date

2026-11-20, 1405/08/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effectiveness of Mentalization-Based Therapy (MBT) and Acceptance and Commitment Therapy (ACT) in Reducing Impulsivity and Suicidal Ideation and Enhancing Resilience and Cognitive Flexibility in Adolescents with a History of Suicide Attempt in Shiraz

Public title

Comparison of the Effectiveness of Mentalization-Based Therapy and Acceptance and Commitment Therapy in Adolescents with a History of Suicide Attempt

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having a history of at least one previous suicide attempt
Having sufficient psychological stability to participate in the study
Being literate and able to complete the study questionnaires
Not receiving similar psychotherapy during the study intervention period
Providing written informed consent from both the participant and their parent or legal guardian

Exclusion criteria:

Emergence of an immediate risk of suicide or severe intensification of suicidal thoughts. Severe psychiatric disorders (such as active psychosis, or bipolar disorder in a manic or hypomanic phase)... Suffering from acute physical illnesses or serious medical conditions that prevent regular attendance at therapy sessions. Withdrawal of the participant or their parent/legal guardian from further participation, as well as the emergence of any new psychiatric or medical condition that renders continued participation in the study ethically or therapeutically inappropriate.

Age

From **13 years** old to **19 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple Randomization Method: Following the confirmation of eligibility criteria and the acquisition of informed consent, participants are randomly assigned—using a random number table or computer-generated random numbers—with equal probability to

one of two groups: Mentalization-Based Treatment (MBT) or Acceptance and Commitment Therapy (ACT). The allocation process ensures that each participant has an equal chance of being assigned to either group. The control group receives no treatment.

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 Arsenjan Branch, Islamic Azad University

Street address

Islamic Azad University, Arsanjan Branch, Daneshgah St., Arsanjan, Fars Province, Postal Code: 7376153161

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Approval date

2026-04-22, 1405/02/02

Ethics committee reference number

IR.IAU.A.REC.1405.004

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

Suicide

ICD-10 code

T14.91

ICD-10 code description

Suicide attempt

Primary outcomes**1****Description**

Impulsivity

Timepoint

before the intervention, after the intervention, and two months after the intervention ended
If you want, I can also give you a more formal academic version.

Method of measurement

Barratt Impulsiveness Scale (Barratt et al., 1995)

2

Description

Suicidal Ideation

Timepoint

before the intervention, after the intervention, and two months after the intervention ended

Method of measurement

Beck Scale for Suicide Ideation (BSSI)

3

Description

Resilience

Timepoint

before the intervention, after the intervention, and two months after the intervention ended

Method of measurement

Connor-Davidson Resilience Scale (CD-RISC, 2003)

4

Description

Cognitive Flexibility

Timepoint

before the intervention, after the intervention, and two months after the intervention ended

Method of measurement

Cognitive Flexibility Inventory (CFI; Dennis & Vander Wal, 2010)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: In this study, the first intervention group received Mentalization-Based Treatment (MBT) based on the protocol developed by Malberg (2021). The intervention was structured over 10 sessions with the aim of enhancing participants' ability to understand their own and others' thoughts, emotions, and behaviors. In the initial sessions, the fundamental concepts of mentalization, emotional awareness, difficulties related to mind-reading, impulsivity, and interpersonal sensitivity were introduced, enabling participants to gain greater insight into their internal states and those of others. During the middle sessions, skills related to emotion regulation, effective communication, mentalization practice, and the exploration of individual difficulties within a group context were taught. Furthermore, through clarification and a focus on participants' emotional experiences, the therapist facilitated the development of interpersonal trust and relational understanding. In the final session, the therapeutic process was reviewed, and participants' feelings regarding treatment termination and their

achieved outcomes were explored.

Category

Behavior

2

Description

Intervention group: In this study, the second intervention group received Acceptance and Commitment Therapy (ACT) based on Hayes' (2004) protocol over eight sessions. The intervention was designed to enhance psychological flexibility, promote acceptance of internal experiences, and facilitate engagement in value-consistent behaviors. In the initial sessions, the therapeutic relationship, treatment contract, psychoeducation, exploration of personal experiences, the ineffectiveness of excessive control strategies, and the concept of creative hopelessness were addressed. During the middle sessions, cognitive defusion techniques, self-as-context, mindfulness practices, and changing individuals' relationships with their thoughts and emotions were introduced and practiced. In the final sessions, participants explored personal values, developed commitment to purposeful actions, and established behavioral patterns aligned with their values, enabling them to respond more effectively to internal experiences and life challenges.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ibn Sina Psychiatric Hospital, Shiraz

Full name of responsible person

Mohammad Ranjbar

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Shiraz, Quran Boulevard, at the end of the street

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Sponsors / Funding sources

1

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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, Arsanjan 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

Mohammad Ranjbar

Position

Educational Assistant

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Dr. Ali Mohammad Rezaei

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Other areas of specialty/work

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Person responsible for updating data

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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

No - There is not 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

The data relating to the study participants is confidential and will be used solely for statistical analysis.

When the data will become available and for how long

The data from this study will be accessible for a period of 6 months after the publication of the research results in the form of scholarly articles.

To whom data/document is available

The data will be accessible to the researchers, including Dr. Mohammad Ranjbar, Dr. Ali Mohammad Rezaei, and Dr. Akbar Rezaei Fard, and the published articles will be made available to them.

Under which criteria data/document could be used

The statistical analysis output will be available.

From where data/document is obtainable

Applicants can contact via email at mohammad.ranjbar271174@gmail.com or WhatsApp at 09174137101.

What processes are involved for a request to access data/document

After the completion of the research and publication of the extracted articles, it will be available for a maximum of 6 months.

Comments