Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectivness of acceptance and ommitment therapy on experiential avoidance , difficulties in emotion regulation and Maladaptive schema in college students with interpersonal problemwith interpersonal problems

Protocol summary

Summary

(1) Objective: the present study aims to investigate the efficiency of acceptance and commitment-based therapy on experiential avoidance, emotion regulation, and interpersonal problems among students with interpersonal problems in Gorgan. (2) Design: the general design of this study is pretest-posttest and control group. (3) procedure: 60 university students with interpersonal problems criteria were selected as sample using available sampling method and were randomly assigned to two groups (experimental and control group). Participants in both groups fill out Barkham et al., interpersonal problems questionnaires and Geratz' questionnaire of emotion regulation difficulty and also acceptance and commitment questionnaire as pretest-posttest. To analyze the data, covariance analysis was run using SPSS software version 19. (4) Participants' major eligibility criteria of inclusion and exclusion: inclusion criteria were female students who have scored higher than 40 in interpersonal questionnaires; aged ranging from 18 to 35; and exclusion criteria were including have records of Psychotic and axis II disorders; receiving psychotherapy or medical treatment at least in the past 6 months;a history of addiction and suicide. (5) Interventions: it includes 10 group sessions (each session 90 minutes), treatment and acceptance-based therapy for the experimental group. (6) Main outcome variables: the main variables of the present study include experiential avoidance, emotion regulation and interpersonal problems.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051922321N1**

Registration date: **2016-02-02, 1394/11/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-02, 1394/11/13

Registrant information

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Mohadese Norouzi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-10-02, 1394/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectivness of acceptance and ommitment therapy

on experiential avoidance , difficulties in emotion regulation and Maladaptive schema in college students with interpersonal problemwith interpersonal problems

Public title
The effect of Acceptance and Commitment Therapy on experiential avoidance and emotion regulation in college students with interpersonal problems
Purpose
Treatment
Inclusion/Exclusion criteria
Terms of entering the study: All female students between the ages of 18 -35; Receive higher scores of 40 in the questionnaire of interpersonal problems (IIP-32); The willingness of individuals to participate in the acceptance and commitment-based program. Terms of withdrawal from the study: history of psychotic and axis II disorders; addiction; suicide; receiving psychotherapy or drug therapy for at least the past 6 months; not wanting to continue the sessions and being absent of more than three days.
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
The block method is used.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kashan University of Medical Sciences and Health Services
Street address
Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan, Iran
City
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Approval date
2015-05-31, 1394/03/10
Ethics committee reference number
IR.KAUMS.REC.1394.35

Health conditions studied

1

Description of health condition studied
interpersonal problems
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Experientioal avoidance
Timepoint
before intervention, After intervention
Method of measurement
AAQ-2 SCALE

2

Description
interpersonal problems
Timepoint
before intervention, After intervention
Method of measurement
interpersonal problems questionnaire

3

Description
emotion regulation
Timepoint
before intervention, After intervention
Method of measurement
DERS SCALE

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The ACT (Acceptance and Commitment Therapy) method that is carried out in 8 sessions, once a week, each session lasts 90 minutes.
Category
Behavior

2

Description
control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
azad university of gorgan
Full name of responsible person
Dr Bahram Bakhtiari Said
Street address
Gorgan,Shahid kalantari Blvd,Daneshjo Street,Islamic Azad University of Gorgan
City
gorgan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Kashan University of Medical Sciences and Health Services
Full name of responsible person
Dr Qolam Ali Hamidi
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Department of Clinical Psychology, School of Medicine, Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research of Kashan University of Medical Sciences and Health Services
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty