Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS of Kermanshah

Protocol summary

Summary

1. Objectives: To assess the effectiveness of Acceptance and commitment therapy based on well-being and psychological adjustment of patients with multiple sclerosis. 2. Design: This study is experimental with pre and post-test and follow-up, study is not blind. 3. Setting and conduct: The study population All women with MS referred to the MS Society is the city of Kermanshah, of which 30 samples randomly into two groups (n = 15) and control (15) are randomly assigned. 4. Participants including major eligibility criteria: Inclusion criteria: patients with MS being; woman; having a higher education cycle Exclusion criteria: having a physical illness and other mental disorders; being illiterate 5. Intervention: experimental group received 8 sessions of treatment are based on commitment and acceptance, but the control group did not receive psychological services. 6. main outcome measures (variables): : the promotion of psychological well-being and psychological adjustment in patients with MS is that the questionnaire California Psychological well-being and psychological adjustment can be calibrated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020625433N2**
Registration date: **2016-03-09, 1394/12/19**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-03-09, 1394/12/19

Registrant information

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Fatemeh Dehghan
Name of organization / entity
Kermanshah University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source
University of Medical Sciences Kermanshah, Vice chancellor for research

Expected recruitment start date

2016-05-31, 1395/03/11

Expected recruitment end date

2016-06-20, 1395/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS of Kermanshah

Public title

The effectiveness of commitment and acceptance based therapy on adjustment psychological and well-being of women with MS

Purpose

Treatment

Inclusion/Exclusion criteria

Entry conditions: patients with multiple sclerosis; female; cycle of higher education Exclusion criteria:physical illness; other mental disorders; illiteracy.

Age
From **95 years** old to **70 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

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
University of Medical Sciences Kermanshah, Ethics Committee

Street address
Building No. 2, Kermanshah University of Medical Sciences, Iran martyr Beheshti, Kermanshah

City
Kermanshah

Postal code
6715847141

Approval date
2016-02-03, 1394/11/14

Ethics committee reference number
kums.rec.1394.327

Health conditions studied

1

Description of health condition studied
MS

ICD-10 code
G35

ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Psychological Well-Being

Timepoint
A month before the intervention, after the intervention, six months after the intervention

Method of measurement
Psychological well-being questionnaire

2

Description
adjustment psychological

Timepoint
A month before the intervention, after the intervention, six months after the intervention

Method of measurement
California adjustment psychological

Secondary outcomes

empty

Intervention groups

1

Description
examination group: treatment based on commitment and acceptance during the eight 90-minute sessions for two months

Category
Behavior

2

Description
Control group: Other therapeutic interventions except for psychological intervention

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
MS Society Farabi Hospital in Kermanshah

Full name of responsible person
Masoud Moradi

Street address
Farabi Hospital, Dolat Abad road, Kermanshah

City
Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of Medical Sciences Kermanshah, Vice chancellor for research

Full name of responsible person
Kyrus Hamzehee

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City
Kermanshah

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
University of Medical Sciences Kermanshah, Vice chancellor for research

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

Contact

Name of organization / entity
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Researcher

Other areas of specialty/work

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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