Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Determination of a Persian version based on acceptance and commitment therapy in reducing psychological problems mothers of children with autism spectrum disorder

Protocol summary

Summary
Aim: impact of a group -based acceptance and commitment therapy intervention on mothers of children with diagnosed with on autism spectrum disorder. Method: the present study was on sub-experimental study with pretest and posttest design and a control group.the participant of this study included s mothers of children with ASD who were initially randomised into two group, an ACT-based treatment group and a control group. Descriptive statistics methods and covariance analysis were used for analysis of the data.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2016112330230N2**
Registration date: **2016-12-10, 1395/09/20**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2016-12-10, 1395/09/20

Registrant information
Name
Abbas Bakhshipour Rodsari
Name of organization / entity
Tabrize university
Country
Iran (Islamic Republic of)
Phone
+98 41 3339 2097
Email address
bakhshipour@tabrizu.ac.ir

Recruitment status
Recruitment complete
Funding source
Iran University of Medical Sciences

Expected recruitment start date
2016-11-21, 1395/09/01
Expected recruitment end date
2016-12-20, 1395/09/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Determination of a Persian version based on acceptance and commitment therapy in reducing psychological problems mothers of children with autism spectrum disorder

Public title
Effect of Acceptance and Commitment Therapy
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: maximum of 40 years old age and level of education graduates; married; no severe psychiatric disorders, psychosis and also meet the minimum criteria for the diagnosis of the tools used in research. Also, according to the exit criteria if the participant has more than 2 sessions absent or does not participate in the assessment are excluded from this study. Mothers who are undergoing psychotherapy or drug therapy is not recruited.
Age
To **40 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
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
Iran University of Medical Sciences, Tehran Psychiatric Institute
Street address
Hemmat Expressway
City
Tehran
Postal code
Approval date
2016-11-21, 1395/09/01
Ethics committee reference number
IR.IUMS.REC.1395.26766

Health conditions studied

1

Description of health condition studied
Chidhood autism
ICD-10 code
F84.0
ICD-10 code description
Childhood autism

Primary outcomes

1

Description
Stress , Depression, Anxiety
Timepoint
Before and two months after intervention
Method of measurement
Dass Stress , Depression, Anxiety Scale

2

Description
Positive Aspects of Caregiving
Timepoint
Before and two months after intervention
Method of measurement
Positive Aspects of Caregiving Questionnaire

3

Description
general health
Timepoint
Before and two months after intervention
Method of measurement
General Health Questionnaire

4

Description
Acceptance and Action
Timepoint
Before and two months after intervention
Method of measurement
Acceptance Action Questionnaire

5

Description
Automatic Thought
Timepoint
Before and two months after intervention
Method of measurement
Automatic Thought Questionnaire

6

Description
Minfulness
Timepoint
Before and two months after intervention
Method of measurement
Five Facet MinfulnessQuestionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Pack training based on accaptance and commitment therapy in 8 sessions
Category
Other

2

Description
Control group: usual intervention training in 8 sessions
Category

Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Tehran psychiatric institute
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Farnosh Golband
Street address
Iran University of Medical Sciences, Hemmat Expressway
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran University of Medical Sciences
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
Iran University of Medical Sciences
Full name of responsible person
Maryam Amini Fasakhode
Position
Clinical Psychology Masters
Other areas of specialty/work
Street address
Tehran
City
Tehran
Postal code
Phone
+98 21 4470 2905
Fax
Email
amini.maryam329@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Mehrdad Mohammadean
Position
Child Psychiatrist
Other areas of specialty/work
Street address
Iran University of Medical Sciences
City
Tehran
Postal code
Phone
+98 21 6655 1660
Fax
Email
mehrmoham@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Maryam Amini Fasakhode
Position
Clinical Psychology Masters
Other areas of specialty/work
Street address
Tehran, Zhkdh three Olympics, Amir Kabir Street, Town Airforce, Street inflorescence, shall Street East, No. 1
City
Tehran
Postal code
1493946761
Phone
+98 21 4470 2905
Fax
Email
amini0maryam329@gmail.com
Web page address

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