Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of cognitive-based therapy on admission and commitment and mind-awareness on sleep quality of students with test anxiety

Protocol summary

Study aim
The aim of this study was to investigate the effectiveness of cognitive therapy based on acceptance, commitment and awareness on sleep quality of students with test anxiety in the north of Birjand.

Design
The clinical trial consisted of two experimental groups and a control group which was formed based on the random method of these groups after the test anxiety test results, one intervention group with act therapy and one group with mindfulness therapy and the third group which is the control group. They did not receive any training and were used to compare the research results.

Settings and conduct
This study was performed on high school students in the north of Birjand in a counseling room or classroom.The two experimental groups received two 90-minute sessions each week (acceptance and commitment-based therapy and mindfulness-based cognitive therapy) for one month.

Participants/Inclusion and exclusion criteria
Entry requirements: Exercise test anxiety higher than 20 based on Sarason's test; female; Secondary school student; Interested Conditions of non entering the study: Unwillingness to attend; Absence or low test anxiety

Intervention groups
In this study, three intervention groups were used: two intervention groups with act therapy and mindfulness therapy and a control group that was used to compare the research results and did not receive any training.

Main outcome variables
sleep quality

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170408033292N3**
Registration date: **2022-03-05, 1400/12/14**
Registration timing: **retrospective**

Last update: **2022-03-05, 1400/12/14**
Update count: **0**

Registration date
2022-03-05, 1400/12/14

Registrant information
Name
Batool Nikroo
Name of organization / entity
Brjand Islamic Azad University & Education
Country
Iran (Islamic Republic of)
Phone
+98 56 3203 4313
Email address
b.nikroo57@gmail.com

Recruitment status
Recruitment complete

Funding source
investegator

Expected recruitment start date
2016-04-20, 1395/02/01

Expected recruitment end date
2016-04-20, 1395/02/01

Actual recruitment start date
2016-04-20, 1395/02/01

Actual recruitment end date
2016-05-20, 1395/02/31

Trial completion date
2017-09-23, 1396/07/01

Scientific title
Effect of cognitive-based therapy on admission and commitment and mind-awareness on sleep quality of students with test anxiety

Public title
Effectiveness of ACT Therapy and Mindfulness on Sleep Quality
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having anxiety test of over 20 based on Sarason test
Female being Secondary school student
Exclusion criteria:
Those who have the test anxiety with another mental disorder can not be included in the study
Age
From **14 years** old to **17 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **36**
Actual sample size reached: **36**
Randomization (investigator's opinion)
Randomized
Randomization description
Of the students who had the test anxiety, 36 were randomly divided into three groups (one control group and two experimental groups).
Blinding (investigator's opinion)
Single blinded
Blinding description
The experimental groups consisted of two groups that only one group received mindfulness treatment and the other group received cognitive therapy based on acceptance and commitment and no group was aware of the existence of another group and the study group
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Birjand University of Medical Sciences
Street address
Ayatollah Ghaffari Avenue Blvd
City
Birjand
Province
South Khorasan
Postal code
9717853577
Approval date
2017-09-12, 1396/06/21
Ethics committee reference number
Ir.bums.REC.1396.147

Health conditions studied

1

Description of health condition studied
sleep quality
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Sleep Quality Score
Timepoint
Before the intervention and one month after the intervention
Method of measurement
Pittsburgh Sleep Quality Questionnaire

Secondary outcomes

1

Description
sleep quality
Timepoint
One month after the intervention and workshop
Method of measurement
Sleep quality questionnaire

Intervention groups

1

Description
The first intervention group received 8 sessions of treatment based on acupuncture or cognitive therapy based on admission and commitment : Session 1: Creative Helplessness - In the process of creative helplessness, the client must come to the conclusion that he has made many efforts to solve his problems, but the problem still remains. Potential Support Activities: Extracting key goals from clients / Extracting past efforts to achieve those goals. Use the metaphor of a tug-of-war with a monster, the metaphor of a hungry tiger, the metaphor of a man in a well, or the metaphor of a well Session 2: Session Title: Control is the problem, not the solution. Objective of the second session: Potential supportive activities, control as a problem / control of private events, rope-pulling with monsters, interrupting avoidance patterns contrary to changing feelings and

thoughts. Content of the session: Action and experience versus thought and excitement, the practice of differentiation or separation means to allow oneself to see thoughts as just thoughts and nothing more than that, going to the cinema, uninvited guests Session 3: Session Title: Cognitive Fault, Aim of the Session: The Fault Process in Act is to help clients recognize the hidden features of language that create fusion so that it can break the certainty of the reality of internal events and also between thought and thinker and Feel and feel the distance. Content of the meeting: Opening and acceptance: Opening means being open and creating space for emotions, impulses, and difficult sensations to flow in the presence of references, without controversy. Metaphor of the bus .Session 4, Session Title: Self as Background. Session Description: Act distinguishes between three concepts of "self". These three meanings include: self-conceptualized, self as a dynamic self-awareness process, and self-observer. Clients are more familiar with self-conceptualization, but less familiar with themselves as a dynamic self-awareness process, especially the observer. Purpose of the session: The purpose of the Act at this stage of treatment is to find an alternative for the self that is defined by thoughts, feelings, memories, and inner feelings (self-conceptualized), that is, from where one can feel oneself with a transcendent sense of Communicate with yourself, who is always present and not defined by fleeting thoughts and feelings. Who wanders. Session 5: Title of the session: Clarifying values, the purpose of the Act at this stage is for the person to identify the values of his life and take steps in that direction. The identification of values should be completely free. And the therapist must identify and eliminate the factors that may affect the process of identifying and measuring clients' values, and teach the individual to distinguish between value as a feeling and value as an action. In general, by introducing the importance of values and understanding how values lead to interest by clients, clients need to know how much interest is necessary in behavioral activation. Searching for Values: Work begins by describing the values of clients in each of the four areas of employment, education and recreation, relationships and health, and personal growth. Just as he dreams or imagines something he has always dreamed of, just as he now has the ability to achieve his dreams, people search and evaluate important goals in their lives. Orbital to run this week Provide worksheets, actions and achievements, provide worksheets for searching values Session 6: Session Title: Committed Action, Session Objective: After the values of the references have been specified and identified. Commitment exercises, both in the session and as an out-of-session homework, will be the main focus of the rest of the Act therapy sessions. The main purpose of the Act is to use the desire to support action in accordance with selected values. Commitment involves active participation in actions that are likely to evoke negative thoughts, emotions, and physical states. What is important at this stage of treatment is that some actions have immediate consequences, but some require time, and metaphors can be used to clarify this. Arboriculture metaphors are a useful metaphor at this stage Content of the session: Committed action (goal setting and practical action) Review of previous sessions and post-test for the group. Using the metaphor of begging, tree metaphor, identifying a valued behavior (behavioral goal) for people this week, presentation Worksheet of values and goals, time management practice. And the end of ACT: Objectives: 1- Teaching clients to be their own therapist. 2 - To maximize the likelihood that the client will continue to apply the skills learned in treatment after the sessions. 3- Addressing the concerns of the clients about the end of the meetings. 4- Preparing for the companies after the end of the meetings. 5 - Thinking about progress and ongoing goals of the references.

Category

Behavior

2

Description

The second intervention group received 8 instructional sessions based on cognitive-mindedness therapy : Session 1: Automatic guidance Everyone experiences the effects of distraction at any given moment. They may read all the pages of a book but then find that they do not understand it. In such cases, they may or may not even know what they are focusing on. In automatic guidance, the components of negative thinking are taken into account with the possibility of control. Appears Purpose of the session: The general purpose of this treatment session is to create awareness about automatic guidance in clients. When the person realizes the automatic guidance, the mind is present. Home exercise: Focus on daily activities such as eating a meal, showering, and. Session 2: Title of the session: Dealing with obstacles. Aim of the session: The purpose of the second session is to challenge the obstacles that people face. First, a physical examination exercise is performed so that the participants reach the presence of mind during the exercise, and then, with the help of the exercise, they review what needs to be done. Attention and awareness training with limited thoughts related to test anxiety and sleep deprivation, full awareness of thoughts and feelings in a metacognitive way From it (the issue of focusing more on the body, the mental whispers become more obvious and lead to more control over daily events. Physical examination meditation, ten minutes of mental presence on the flow of breathing. Home exercise: 45 minutes of physical examination meditation, ten minutes of breathing with the presence of mind, focusing on a daily activity in different ways, recording daily reports of experiencing a pleasant event.Session 3: Presence of the mind on the breath and on the body. In this session, it becomes clear that the purpose of the trained exercises is not to find predetermined solutions to problems, and even at this stage, failure can occur. There may be many grounds for such failures. But one of the very strong common areas is that a person feels that with the ability to solve problems, he should be able to solve all the problems in his life, and this feeling does not go away easily. Aim of the session: Awareness is more than preoccupation and dispersion of the mind, so the person is trained to

consciously and justly focus on breathing, to be able to be more focused and integrated. Controlling the wandering mind with a physical examination, reviewing negative spontaneous thoughts with the aim of being aware of the scattering and busy thoughts. Practicing seeing and hearing for 5 minutes, reviewing tasks, breathing with the presence of the mind, etc. Homework: practicing yoga, a list of unpleasant events and ... Session 4: Stay on time. People who have experienced negative emotions spend a lot of time and energy on comparisons. These people often suffer from feelings of loneliness, loss and despair, and feelings of rejection. From then on, they are easily saddened by unpleasant situations. These people have an innate tendency to look back and regret. Whereas in the mind-presence approach to mind control, positive mental images are not replaced by negative ones in the past, present or future, instead people are encouraged to let go of feelings of hopelessness and regret about the past. Content of the session: Realizing what is considered an unpleasant experience. Defining the realm of test anxiety or other areas in which the group is involved, such as: stress, sleep problems, initial insomnia. Five minutes of presence of visual or auditory mind, three minutes of breathing space, introduction of this method As a coping strategy for use in times when the current situation evokes difficult emotions. Walking with the presence of meditation mind. Homework: three minutes of breathing space three times a day, three minutes of breathing space as a coping strategy in the experience. Unpleasant feelings)Session 5: Acceptance and permission / permission to attend. Session description: People who have experienced unpleasant feelings in the past often try hard to drive away negative memories and emotions and avoid them. Avoiding unpleasant events and trying to minimize discomfort requires a lot of effort. The subject of this session is dealing with emotions, negative emotions and accepting it. . Different communication means allowing the experience to be present exactly as it is, without being judged or attempted to change what it is. Content of the meeting: Different communication means allowing the experience to be present, exactly as it is, without judging it or trying to change it from what it is. Reading the poem of the guest house by Rumi and identifying its theme and concept in the group, three minutes of breathing space. Homework: sitting meditation, three minutes of breathing space according to regular and regular routine (3 times a day), three minutes of breathing space as a coping strategy (Every time you notice unpleasant feelings.Session 6: Thoughts, not facts. Session description: Unconscious people infer facts, perceive the senses differently, and are rarely aware of what they are doing, as if the mind has an interpretation of all events. They easily understand how these interpretations take place and create a series of emotional reactions and make them last. For example, a friend's phone may be interpreted as "he needs me" or "he is abusing me". People's reaction depends entirely on the interpretation of an event. Different interpretations of events in different situations cause a lot of problems. People who are vulnerable to test anxiety and sleep problems have a certain style of interpreting events. The internal flow becomes difficult to suppress because subsequent events reinforce it: dissenting information is ignored and attention is given to information that is consistent with the thoughts. See them as thoughts, not truth. Content of the session: 40-minute sitting meditation, awareness of breathing and body, sounds and then thoughts, 3-minute breathing space. Homework: 4 minutes daily exercise, 3 minutes regular breathing space (3 times On the day)Session 7: How I can best take care of myself. Session Description: Receptivity to thoughts, feelings and bodily sensations during sessions is one of the most important issues. This acceptance helps people to recognize critical moments in which they are immersed in thinking in an old-fashioned and constructive way. Find activities that, by increasing them and changing their quality, can help them and increase their pleasant feelings. Content of the session: Paying attention to the relationship between activity and moodPay attention to the things they do during the day and which of the two groups they belong to: 1- There are things that calm the person and strengthen the person or 2- Things that make the person irritable and anxious and energy It reduces the person and eventually the person sees how he can spend more time on things that increase his energy and create more peace in him and skillfully deal with things that reduce his energy, irritate and make him anxious. Identify signs of anxiety and develop actions to deal with the threat). Sitting vigilance - awareness of breathing, body, sounds, thoughts and mindsets. Homework: Selecting activities to do after the program, regular three-minute breathing (twice a day) and breathing as a coping strategy, developing a practical plan to deal with test anxiety and insomnia. Recognize the warning signs of the problem (test anxiety, depression and insomnia, etc.) and deal with it with activities such as deep breathing, activities that in the past made the person feel good.Session 8: Using what they have learned to deal with subsequent mood swings (irritability, deafness and anxiety, etc.)Session Description: This session begins with a physical examination exercise to provide a complete cycle. Participants are then given the opportunity to recall their experiences from across the program and to do an exercise in which they think about the past. Session Objective: Regular practice of mindfulness helps maintain balance in life. Positive intentions are reinforced because these exercises are associated with positive reasons for self-care. Session Content: Exercise Examination, Review and Review of the Whole Program - What were the most valuable things in your life that these exercises could help you achieve? And run post-tests for groups.

Category

Behavior

3

Description

The third group was the control group who did not receive any training and after completing the plan, they received several cognitive therapy sessions to observe the ethics of the research

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Girls' high schools in north of birjand

Full name of responsible person
Seyyed hossein sajjadi

Street address
Taleghani 13, Taleghani St., Omid Counseling Center

City
Birjand

Province
South Khorasan

Postal code
9718714195

Phone
+98 56 3221 2082

Email
b.nikroo57@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University of Birjand

Full name of responsible person
Dr. Shariati, Vice Chancellor for Research, Islamic Azad University of Birjand

Street address
No. 24, Modares St. 69, Modares Blvd.

City
Birjand

Province
South Khorasan

Postal code
9718714195

Phone
+98 56 3203 4313

Email
b.nikroo57@gmail.com

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University of Birjand

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 of Birjand

Full name of responsible person
Fatemeh Shahibizadeh

Position
Assistant Professor of Islamic Azad University

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
No. 24, Modares 69, Modares Street

City
Birjand

Province
South Khorasan

Postal code
9718714195

Phone
+98 56 3203 4313

Fax

Email
F_shahabizadeh@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad university

Full name of responsible person
Fatemeh Shahibizadeh

Position
PhD in Psychology

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
End of Bulvar Shahid Ghaffari

City
Birjand

Province
South Khorasan

Postal code
9717813118

Phone
+98 56 3234 5525

Fax

Email
f_shahabizadeh@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad university

Full name of responsible person
Fatemeh Shahibizadeh

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Bulwar Ayatollah Ghaffari

City
Birjand

Province
South Khorasan

Postal code
9717411111

Phone
+98 56 3234 5525

Fax

Email
F_shahabizadeh@yahoo.com

Web page address

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
Yes - There is 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
After the end of the study, the data on the main consequence of the possibility of sharing

When the data will become available and for how long
Get started two months after printing results

To whom data/document is available
Researchers and researchers of academic institutions

Under which criteria data/document could be used
Use in similar research

From where data/document is obtainable
Contact with Fatemeh Shahibizadeh, responsible for answering this study by email: F_shahabizadeh@yahoo.com

What processes are involved for a request to access data/document
They will send their request through the above email and will be sent after a maximum of two months.

Comments