Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of Acceptance and Commitment (ACT) group counseling on social anxiety among seventh grade female students of high school-first period

Protocol summary

Summary

Social Anxiety, as one of the most common disorders in the adolescence period, is usually expressed in the ages of the adolescents' peak of independence development and the emphasis on its treatment for the purpose of reducing the interpersonal and communication problems as well as augmenting maturity age health is of a great importance. Therefore, the current research paper aims at determining the effect of acceptance- and commitment- based group counseling on the girl students experiencing the first run of seven grade high school in the city of Bam in 2016. In line with this, 100 girl students who passed the study inclusion criteria were randomly selected as the study sample volume and they were assigned to two intervention and control groups. The study inclusion criteria were acquiring a score equal to 40 or higher in social anxiety questionnaire designed by Connor et al and the study exclusion criteria were receiving medication for psychological disorders, having physical diseases, participation in other treatment sessions simultaneously held with the present study's counseling sessions and an absence for more than two sessions. Firstly, both of the groups were exposed to pretests for the running of which the social anxiety questionnaire by Connor et al (2000) was utilized and then the intervention group underwent counseling based on acceptance and commitment for eight 45-minute sessions, held twice a week since 20th of February, 2016, till 20th of March, 2016; whereas, the control group did not receive any intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017071735152N1**
Registration date: **2017-10-21, 1396/07/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-21, 1396/07/29

Registrant information

Name

naghmeh afsharmanesh

Name of organization / entity

Kerman Univesity of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 4423 3138

Email address

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Recruitment status

Recruitment complete

Funding source

Kerman University of Medical Sciences

Expected recruitment start date

2017-01-29, 1395/11/10

Expected recruitment end date

2017-02-08, 1395/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Acceptance and Commitment (ACT) group counseling on social anxiety among seventh grade female students of high school-first period

Public title
Effectiveness of group counseling in students' social anxiety
Purpose
Other
Inclusion/Exclusion criteria
Inclusion criteria: Forty or higher score from social anxiety questionnaire Exclusion criteria: using medication related to a mental health disorder; suffering from a chronic physical disease; attending other therapy sessions simultaneously; absence more than two sessions
Age
From **12 years** old to **14 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
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
Kerman University of Medical Sciences
Street address
Haft, Bagh Alavi, Faculty of Nursing and Midwifery Razi
City
Kerman
Postal code
Approval date
2017-01-25, 1395/11/06
Ethics committee reference number
IR.KMU.REC.1395.633

Health conditions studied

1

Description of health condition studied
social anxiety
ICD-10 code
V , F40-F
ICD-10 code description
Mental and behavioural disorders; Neurotic, stress-related and somatoform disorders; Social phobias

Primary outcomes

1

Description
Social anxiety
Timepoint
Before intervention, end of intervention
Method of measurement
Connor social anxiety questionaire

Secondary outcomes

empty

Intervention groups

1

Description
intervention: Acceptance and Commitment (ACT) group counseling , 8sessions, 45minute, twice in week
Category
Other

2

Description
control: no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Najmieh high school
Full name of responsible person
Asma Hakimnia
Street address
Beheshti street
City
Bam

2

Recruitment center
Name of recruitment center
Omalbanin high school
Full name of responsible person
Nahid Rostamabadi
Street address
Hasheminejad street

City
Bam

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman Univesity of Medical Sciences
Full name of responsible person
Soltanahmadi, Jila
Street address
Haft,Bagh Alavi
City
Kerman
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kerman Univesity of Medical Sciences
Proportion provided by this source
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

2

Sponsor
Name of organization / entity
Kerman Univesity of Medical Sciences
Full name of responsible person
Ahmadi, Atefeh
Street address
Haft,Bagh Alavi
City
Kerman
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kerman Univesity of Medical Sciences
Proportion provided by this source
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
Kerman Univesity of Medical Sciences
Full name of responsible person
Jila Soltanahmadi
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Web page address

Person responsible for scientific inquiries

Contact
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Person responsible for updating data

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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