Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

the effectiveness of acceptance and commitment therapy on emotional, behavioral and cognitive components in patients with illness anxiety disorder

Protocol summary

Study aim
Determining and Compare the effectiveness of acceptance and commitment therapy and cognitive-behavioral therapy on anxiety sensitivity, emotional reactivity , distress tolerance, experiential avoidance and anxiety symptoms in patients with illness anxiety disorder

Design
The present study is a semi-experimental pretest-posttest with a control group that has a follow-up period. First, the researcher will go to the general and internal clinics and psychiatrists by appointing a physician and referring to the patients file and conducting a clinical interview with those who are eligible for inclusion in the study, and then the participants will be equally matched based on their age, gender, The status of employment and marital status will be divided into three groups (two treatment groups and one control group).

Settings and conduct
Interventions will be held at the psychological clinic of Kargarnejad Hospital in kashan city. A treatment: acceptance and commitment group therapy will receive 10 treatment sessions. The cognitive-behavioral group therapy will receive 13 treatment sessions. And the control group will receive a supportive treatment group and do not receive any psychological treatment in order to control the common factors.

Participants/Inclusion and exclusion criteria
Inclusion criteria There is a diagnosis of anxiety disorder Ages older than 18 years old Inclination to participate in research. Non-compliance criteria Psychiatric disorders, history of drug use, history of suicide, personality disorders, history of physical illness such as cancer

Intervention groups
This study has two intervention groups (a special intervention group (ACT) and a common intervention group (CBT). Intervention 1: 10 3-hour session of Acceptance and Commitment Therapy: Intervention 2: 13 2-hour session of Cognitive Behavioral Therapy

Main outcome variables
health anxiety

General information

Reason for update

Acronym
ACT for IA

IRCT registration information
IRCT registration number: **IRCT20180521039755N1**
Registration date: **2018-07-18, 1397/04/27**
Registration timing: **prospective**

Last update: **2018-07-18, 1397/04/27**
Update count: **0**

Registration date
2018-07-18, 1397/04/27

Registrant information

Name
Masoum Moghbeli hanzaei

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5554 0021

Email address
moghbeli-m@kaums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-08-06, 1397/05/15

Expected recruitment end date
2018-11-21, 1397/08/30

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
the effectiveness of acceptance and commitment therapy on emotional, behavioral and cognitive components in patients with illness anxiety disorder

Public title
the effectiveness of acceptance and commitment therapy on patients with illness anxiety disorder
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Diagnosis of Illness Anxiety Disorder. The absence of comorbidity with other disorder
Exclusion criteria:
History of severe physical illness such as cancer Diagnosis of psychiatric disorders History of drug use
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants will randomly allocate to the three groups: control (non-intervention), cognitive behavior therapy (CBT), and acceptance and commitment therapy (ACT) by the table of random number.
Blinding (investigator's opinion)
Double blinded
Blinding description
Individual and group data are not coded as code and analytical and evaluation results are not known from the titles of individuals and groups.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kashan University of Medical Sciences
Street address
Ravand Ave, Pezeshk Blv
City
Kashan
Province
Isfehan
Postal code
81151-87159
Approval date
2018-01-29, 1396/11/09
Ethics committee reference number
IR.KAUMS.MEDNT.REC.1396.102

Health conditions studied

1

Description of health condition studied
illness anxiety
ICD-10 code
F45.2
ICD-10 code description
Hypochondriacal disorders

Primary outcomes

1

Description
health anxiety
Timepoint
Before and after interventions
Method of measurement
Short form health anxiety questionnaire

Secondary outcomes

1

Description
experiential avoidance
Timepoint
Before and after the intervention
Method of measurement
Action and Acceptance questionnaire

2

Description
Distress Tolerance
Timepoint
Before and after the intervention
Method of measurement
Distress Tolerance Questionnaire

3

Description
Anxiety Sensitivity
Timepoint
Before and after the intervention
Method of measurement
Anxiety Sensitivity Questionnaire

4

Description
Emotional Reactivity
Timepoint
Before and after the intervention
Method of measurement
Emotional Reactivity Questionnaire

Intervention groups

1

Description
Intervention group: 9 sessions of 3 hours of acceptance and commitment therapy
Category
N/A

2

Description
Intervention group: 13 sessions of 2 hours of cognitive-behavioral therapy
Category
N/A

3

Description
Control group: Supportive care (no therapeutic technique)
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Psychology Clinic of Kargarnejad Hospital in Kashan
Full name of responsible person
Masoume Moghbeli hanzaei
Street address
Ravand Ave, Pezeshk Blvd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Gholamali Hamidi
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kashan University of Medical Sciences
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
Kashan University of Medical Sciences
Full name of responsible person
Masoume Moghbeli hanzaei
Position
Student
Latest degree
Bachelor
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available