Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectivness of Group Therapy Based on Acceptance and Commitment on Meaning in Life,Distress Tolerance, Pain Self-Efficacy and Quality of Life in Patients whit Multiple Sclerosis (MS)

Protocol summary

Study aim

The Aim of Study Will be to Investigate the Effectiveness of Acceptance and Commitment Group Therapy on Meaning Life, Distress Tolerance , Quality of Life and Pain Self-Efficacy in Patients with Multiple Sclerosis (MS).

Design

In an Experimental Study With a Pretest-Posttest Control Group Design, 20 Patients With (MS) Will be Selected Through Convenience Sampling Method.

Settings and conduct

The Society for the Protection of Patients With Multiple Sclerosis in Mashhad and Will be Assign to Two Experimental and Control Groups, Each Contain 10 Individuals.

Participants/Inclusion and exclusion criteria

The inclusion criteria: Aged between 20 to 50 years, having at least a high school diploma, Willingness to participate in the study and being randomly into one of the study groups, Diagnosis of MS by a neurologist,Completing the agreement form. The exclusion criteria: Having physical and mental diseases, Receiving intrudent pharmacological and non pharmacological treatments, Patients with any serious psychological disorders (including psychotic disorders or active substance abuse), Having a neurological disorder other than MS, Education less than fifth elementary.

Intervention groups

Experimental Group: The Intervention group will attend Acceptance and Commitment Group Therapy Sessions for 8 Weeks (8 sessions of two hour). In General, the Treatment Plan for this Group Will be to at Assess Previous Session Homework, Teaching a New Technique and Giving Homework for Future Session. Control group:The control group simultaneously (8 two-hour sessions for 8 weeks) will continue Center’s usual care plan of the group.

Main outcome variables

Increase Meaning Life, Distress Tolerance , Pain Self-Efficacy and Improvement of Quality of Life.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180218038786N1**
Registration date: **2019-02-08, 1397/11/19**
Registration timing: **registered_while_recruiting**

Last update: **2019-02-08, 1397/11/19**
Update count: **0**

Registration date

2019-02-08, 1397/11/19

Registrant information

Name
Zahra Robati
Name of organization / entity
Semnan University
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-04, 1397/11/15

Expected recruitment end date

2019-03-16, 1397/12/25

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectivness of Group Therapy Based on Acceptance and Commitment on Meaning in Life,Distress Tolerance, Pain Self-Efficacy and Quality of Life in Patients whit Multiple Sclerosis (MS)

Public title
The Effect of Group Therapy Based on Acceptance and Commitment on Meaning Life,Distress Tolerance, Pain Self-Efficacy and Quality of Life in Patients whit Multiple Sclerosis (MS)
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Aged between 20 to 50 years Having at least a high school diploma Willingness to participate in the study being randomly into one of the study groups Diagnosis of MS by a neurologist
Exclusion criteria:
Patients with any serious psychological disorders (including psychotic disorders or active substance abuse). Receiving intrudent pharmacological and non pharmacological treatments Having a neurological disorder other than MS Education less than fifth elementary
Age
From **20 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **20**
Randomization (investigator's opinion)
Randomized
Randomization description
The allocation method will be simple random. Hiding the assignment using a computer is that the computer creates random numbers between zero and one. If the random number is less than 0/005, the individual will be assigned to the test group, and if the random number is greater than 0/005, the individual will be entered into the control group. In this process, people who enter the study list will not be aware of how the treatment is allocated before the intervention.
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
Ethic Committee of Hakim Sabzevari University
Street address
Tohid Shahr ,Hakim Sabzevari University
City
Sabzevar
Province
Razavi Khorasan
Postal code
9617976487
Approval date
2018-11-13, 1397/08/22
Ethics committee reference number
IR.HSU.REC.1397.019

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis (MS)
ICD-10 code
G35
ICD-10 code description
Multiple Sclerosis (MS)

Primary outcomes

1

Description
Quality of Life Score in Quality of Life Inventory
Timepoint
Measurement of Quality of Life before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.
Method of measurement
The Short Form Quality of Life Inventory

2

Description
Meaning Life Score in Meaning in Life Question
Timepoint
Measurement of Meaning Life before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.
Method of measurement
Meaning in Life Question

3

Description

Distress Tolerance Score in Distress Tolerance Scale

Timepoint

Measurement of Distress Tolerance before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Distress Tolerance Scale

4

Description

Pain Self-Efficacy Score in Self Pain Efficacy Inventory

Timepoint

Measurement of Pain Self-Efficacy before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Self Pain Efficacy Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Control group: The control group simultaneously (two-hour sessions for 8 weeks) will continue Center's usual care plan of the group

Category

Behavior

2

Description

Intervention group: The Intervention group will attend acceptance and commitment group therapy sessions for 8 weeks (8 sessions of two hour). In general, the treatment plan for this group will be to at assess previous session homework, teaching a new technique and giving homework for future session.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

The Society Protection of Patients With MS

Full name of responsible person

Faezeh Dalalmoghadam

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No. 50, Ahmad Abad.

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f.dalalmoghadam2016@gmail.com

Web page address

https://msmashhad.com/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Hakim Sabzevari University

Full name of responsible person

Ahmad Farzaneh

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Tohid Shahr, Hakim Sabzevari University

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Email

Research@hsu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Hakim Sabzevari University

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

The Islamic Azad University of Neyshabour

Full name of responsible person

Faezeh Dalalmoghadam

Position

Psychologist

Latest degree
Master
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Hakim Sabzevari University
Full name of responsible person
Hossein Shareh
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Person responsible for updating data

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Web page address
http://www.neyshabur.ac.ir

Sharing plan

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