Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Protocol summary

Study aim
The Aim of Study Will be to Investigate the Effectiveness of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Design
In an Experimental Study With a Pretest -Posttest Control Group Design, 30 Depressed Soldiers Will be Selected Through Convenience Sampling Method.

Settings and conduct
The Province Mashhad Will be Assign to Two Experimental and Control Groups, Each Contain 15 Individuals.

Participants/Inclusion and exclusion criteria
The inclusion criteria: Aged between 18 to 40 years, having at least a high school diploma, Willingness to participate in the study and being randomly into one of the study groups, Earning a score of 17 or above on the Beck Depression Inventory - Second Edition,,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),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 usual care plan of the group.

Main outcome variables
Increase Cognitive Flexibility, Decrease Ideating Thoughts, Hopelessness and Depression

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180218038786N2**
Registration date: **2019-08-30, 1398/06/08**
Registration timing: **retrospective**

Last update: **2019-08-30, 1398/06/08**
Update count: **0**

Registration date
2019-08-30, 1398/06/08

Registrant information

Name
Zahra Robati

Name of organization / entity
Semnan University

Country
Iran (Islamic Republic of)

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+98 23 3362 4250

Email address
robati.zahra@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-07-08, 1398/04/17

Expected recruitment end date
2019-08-01, 1398/05/10

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Public title

The effect of Group Therapy Based on Acceptance and Commitment on Cognitive Flexibility, Suicide Ideation, Depression and Hopelessness in Soldiers

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Aged between 18 to 40 years Having at least a high school diploma Willingness to participate in the study being randomly into one of the study groups Completing the agreement form Earning a score of 17 or above on the Beck Depression Inventory - Second Edition

Exclusion criteria:

Having with any serious psychological disorders (including psychotic disorders or active substance abuse) Receiving intrudent pharmacological and non pharmacological treatments Education less than fifth elementary

Age

From **18 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Vice chancellor for research, Hakim Sabzevari University

Street address

Tohid Shahr, Hakim Sabzevari University

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617976487

Approval date

2019-07-24, 1398/05/02

Ethics committee reference number

IR.HSU.REC.1398.016

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F06.31

ICD-10 code description

Mood disorder due to known physiological condition with depressive features

Primary outcomes

1

Description

Cognitive Flexibility Score in Cognitive Flexibility Inventory

Timepoint

Measurement of Cognitive Flexibility before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Cognitive Flexibility Inventory

2

Description

Suicide Ideation Score in Suicide Ideation Scale

Timepoint

Measurement of Suicide Ideation before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.

Method of measurement

Beck Suicide Ideation Scale

3

Description
Beck Hopelessness Score in Hopelessness Scale
Timepoint
Measurement of Hopelessness before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.
Method of measurement
Beck Hopelessness Scale

4

Description
Depression Score in Beck Depression Inventory-II
Timepoint
Measurement of Depression before Intervention and 60 Days after the Onset of Acceptance and Commitment Group Therapy.
Method of measurement
Beck Depression Inventory-II

Secondary outcomes

empty

Intervention groups

1

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

2

Description
Control group: The control group simultaneously (8 two-hour sessions for 8 weeks) will continue usual care plan of the group.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Samen Province
Full name of responsible person
Zahra Robati
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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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Razavi Khorasan
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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
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
Semnan University
Full name of responsible person
Zahra Robati

Position
Psychologist
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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
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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