Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of acceptance & commitment therapy on body image flexibility, cognitive fusion and emotional symptoms in youth with body dysmorphic disorders symptoms

Protocol summary

Study aim
The aim of this study is to evaluate the effect of acceptance and commitment therapy on body image flexibility, cognitive fusion and emotional symptoms in youth with body dysmorphic disorder symptoms.

Design
An experimental study of clinical trial with control group, randomized

Settings and conduct
A sample of 34 patients with body dysmorphic disorder who have the inclusion criteria will be selected and randomly assigned to the experimental or control groups. The experimental group will receive acceptance and commitment therapy and the control group will receive general topics in psychology (developmental theories such as Piaget and social theories such as Erickson) that have no therapeutic aspect. Study tools include yale-brown practical obsessive questionnaire, stress-anxiety-depression questionnaire, body image flexibility questionnaire and cognitive fusion questionnaire. These tools will be completed before and after the intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 18-30 years old (male & female) when they participate in the research Obtaining a score upper than 20 in the Y-BOCS-BDD questionnaire Exclusion criteria: Eating disorders Psychosis disorders Personality disorders Substance & drug use Using psychiatric medicines

Intervention groups
17 young people who are between 18 to 30 years old with symptoms of body dysmorphic disorder in Kashan province will be randomly assigned to the intervention group. 17 young people who are between 18 to 30 years old with symptoms of body dysmorphic disorder in Kashan province will be randomly assigned to the control group.

Main outcome variables
Body image flexibility, cognitive fusion and emotional symptoms

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210903052368N1**
Registration date: **2021-10-27, 1400/08/05**
Registration timing: **prospective**

Last update: **2021-10-27, 1400/08/05**
Update count: **0**

Registration date
2021-10-27, 1400/08/05

Registrant information

Name
Akram Torkian

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-11-06, 1400/08/15

Expected recruitment end date
2021-11-13, 1400/08/22

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of acceptance & commitment therapy on body image flexibility, cognitive fusion and emotional symptoms in youth with body dysmorphic disorders symptoms

Public title
The effect of acceptance & commitment therapy in body dysmorphic disorders symptoms
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
18-30 years old Obtaining a score upper than 20 in the Y-BOCS-BDD Questionnaire
Exclusion criteria:
Substance & drug uses Using psychiatric medicine Personality disorders Psychosis disorder Eating disorders
Age
From **18 years** old to **30 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Permuted block randomization. Samples are divided into two random groups with 3 and 6 blocks according to the Permuted block randomization method, so all patients will be randomly divided into one of two groups (ACT recipient and control group without psychotherapy). We use random allocation concealment, which is the method used to execute random sequences on study participants. In such a way that the assigned group is not known before the individual is assigned. Using opaque envelopes sealed with a random sequence, in this method, each of the random sequences created is recorded on a card and the cards are placed inside the envelopes in order. In order to maintain a random sequence, the envelopes are numbered in the same way on the outer surface. Finally, the lids of the letter envelopes are glued and placed inside a box, respectively. At the beginning of the registration of participants, based on the order of entry of eligible participants to study one of the envelopes, the order is opened and the assigned group of the participant is revealed.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kashan University of Medical Sciences Faculty of Medicine
Street address
5th of Qotb –e Ravandi Blvd. Kashan iran
City
Kashan
Province
Isfehan
Postal code
8715988141
Approval date
2020-12-20, 1399/09/30
Ethics committee reference number
IR.KAUMS.MEDNT.REC.1399.152

Health conditions studied

1

Description of health condition studied
Body Dysmorphic Disorder
ICD-10 code
F45.22
ICD-10 code description
Body dysmorphic disorder

Primary outcomes

1

Description
Body Dysmorphic Disorder
Timepoint
Before intervention, After intervention
Method of measurement
Y-BOCS-BDD Questionnaire

2

Description
Body Image Flexibility
Timepoint
Before intervention, After intervention
Method of measurement
Body Image – Acceptance & Action Questionnaire

3

Description
Emotional Symptoms
Timepoint
Before intervention, After intervention
Method of measurement
Depression, Anxiety, Stress Scale (DASS)

4

Description
Cognitive Fusion Questionnaire
Timepoint
Before intervention, After intervention
Method of measurement
Cognitive Fusion

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: This study investigates the effect of acceptance and commitment therapy on body image flexibility, cognitive fusion and emotional symptoms in youth with body dysmorphic disorder symptoms in Kashan. This treatment program includes 8 sessions of 90 minutes that are held weekly. Session 1: Creating a treatment contract, introducing treatment, examining the details of a person's dysfunctional thoughts and actions, introducing creative frustration. Session 2: Use the metaphors to show the subject how trying to regulate painful inner experiences is ultimately ineffective. Sessions 3 & 4: Focus on showing how trying to control rather than reduce it exacerbates the disorder. Session 5 & 6: Focus on changing psychological functions using cognitive defusion, mindfulness exercises and Exercises as a Context. Sessions 7 & 8: Explain the values of each subject and increase behavioral commitment to a more sustainable life. Finally, the therapist helps the subject to use himself / herself as a context and participate in valuable activities in order to prevent the return of the symptoms of the exercises learned in the sessions, such as acceptance, mindfulness, cognitive defusion. The purpose of this method is not to change impaired body perception by changing or eliminating negative thoughts and feelings about the body image; Rather, it is done by creating mental flexibility and increasing acceptance of body shape. This treatment lasts eight weekly sessions for each session of ninety minutes for eight weeks.
Category
Behavior

2

Description
Control group: This group contains general psychology topics, that has no therapeutic aspect. This group, like the treatment of acceptance and commitment, includes eight weekly sessions with a duration of ninety minutes per session. In each session, one of the stages of psychosocial development of Ericsson theory is taught.Trust vs. Mistrust (1),Autonomy vs. Shame/Doubt(2),Initiative vs. Guilt(3),Industry vs. Inferiority(4),Identity vs. Role Confusion(5),Intimacy vs. Isolation(6),Generativity vs. Stagnation(7),Ego Integrity vs. Despair(8) will be done.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Kargarnejad Psychiatric Clinic
Full name of responsible person
Fatemeh Sadat Qureshi
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Kashan, 5 km from Qutb Ravandi Boulevard - Kargarnejad Psychiatric Clinic
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
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5th of Qotb –e Ravandi Blvd, Kashan, IRAN
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Fax
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Web page address

http://kaums.ac.ir/

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

Abdollah Omidi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Torkian

Position

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Latest degree

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Other areas of specialty/work

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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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Only part of the information, such as information about the main outcome or the like, and the demographic information, can be shared.

When the data will become available and for how long

The start of the access period will be available 2 years after the results are published one year later.

To whom data/document is available

Only available to scholars working in academic and academic institutions.

Under which criteria data/document could be used

In the case of any use, the names of the rsearchers must be mentioned in acknowledgments, no one has the right to use the data for inhumane experiments. Submitting an application should be in accordance with the usual academic procedure and be reviewed for a month. One should not have any connection with anti-human and terrorist organizations.

From where data/document is obtainable

a.torkian73@yahoo.com Akram Torkian Valashani Kashan University of Medical Sciences Faculty of Medicine, Kashan, Iran.

What processes are involved for a request to access data/document

It will be assessed and answered by the reasercher.

Comments