Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of ACT (treatment based on commitment and acceptance) on marital commitment, social adjustment and resilience of men with substance abuse (opioids)

Protocol summary

Study aim
The effectiveness of treatment based on acceptance and commitment on marital commitment, social adaptation and resilience of men suffering from drug abuse (opioids)

Design
In terms of the research method, the current research is a experimental study with two control and experimental groups. Simple randomization was used on 40 men, with substance abuse.

Settings and conduct
The statistical population of this research includes men suffering from drug abuse who are being treated in emotional treatment centers in Rasht city. All participants will complete Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment and Connor and Davidson's resilience, and only the intervention group will be treated with ACT (based on acceptance and commitment) and a post-test will be done at the end.

Participants/Inclusion and exclusion criteria
Inclusion criteria: age 20 to 40 years old, married, diploma and sub-diploma education. Exclusion criteria: non-drug users, people outside the age limit, reluctance to continue treatment

Intervention groups
The intervention and control groups include men with substance abuse who first complete the questionnaires as a pre-test, and only the intervention group will undergo treatment based on acceptance and commitment in 8 sessions of 90 minutes and an informed consent form. It is provided to the participants and the necessary clarifications are provided regarding the purpose and structure of treatment, how to conduct treatment sessions, and questions are answered, and educational materials regarding acceptance and commitment are presented and assignments are made during the sessions. The end of the treatment is performed in both groups after the test.

Main outcome variables
Marital commitment, social adjustment, resilience.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220702055336N1**
Registration date: **2022-08-07, 1401/05/16**
Registration timing: **registered_while_recruiting**

Last update: **2022-08-07, 1401/05/16**
Update count: **0**

Registration date
2022-08-07, 1401/05/16

Registrant information
Name
Fatemeh Rouhi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 13 3352 5554
Email address
dr.shadirohi@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-08-05, 1401/05/14

Expected recruitment end date
2022-09-01, 1401/06/10

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of ACT (treatment based on commitment and acceptance) on marital commitment, social adjustment and resilience of men with substance abuse (opioids)

Public title
The effect of ACT (treatment based on acceptance and commitment) on marital commitment, social adjustment and resilience
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age 20 to 40 years married Diploma and sub-diploma education
Exclusion criteria:
Non-drug users People outside the age limit Reluctance to continue treatment
Age
From **20 years** old to **40 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
The randomization method is a simple randomization. The study has two groups and from the beginning it is agreed that odd numbers will be given to the intervention group and even numbers will be given to the control group. Then, using random numbers table, the relevant numbers are extracted, each number is written on a card and placed in an envelope, and the envelopes are sealed, and the patient's number is written on each envelope, and the first patient who entered the study Envelope number 1, patient number 2, envelope number 2 and so on will be given.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Tunkabon Islamic Azad University
Street address
Mazandaran Province, Tonkabon, Kilometer 3 of Chalus Road
City
Tunkabon
Province
Mazandaran
Postal code
۴۶۸۴۱۶۱۱۶۷
Approval date
2022-06-19, 1401/03/29
Ethics committee reference number
IR.IAU.TON.REC.1401.026

Health conditions studied

1

Description of health condition studied
substance abuse (opioids)
ICD-10 code
F11
ICD-10 code description
Opioid related disorders

Primary outcomes

1

Description
Marital commitment in Adams and Jones marital commitment questionnaire
Timepoint
At the beginning of the study and after the treatment
Method of measurement
Adams and Jones Marital Commitment Questionnaire

2

Description
Social adjustment in Professor Bell's social adjustment questionnaire
Timepoint
At the beginning of the study and after the treatment
Method of measurement
Professor Bell's Social Adaptation Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The number of 40 patients will be randomly selected and will be allocated in two intervention groups (20 people) and control group (20 people). At first, the intervention group will complete Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment, Connor and Davidson's resilience as a pre-test, and only the intervention group will undergo treatment based on acceptance and commitment in 8 sessions of 90 minutes. The summary of the sessions is as follows: First session: greeting and introduction of the group members to the therapist and to each other; expressing people's feelings before coming to the meeting; The reason for coming to this meeting and what they expect from the treatment sessions; Statement of previous similar experiences; Stating the rules that must be observed in the group, including: coming on time-not being absent (punctuality), doing tasks, etc.; Statement of the principle of confidentiality and mutual respect of group members to each other; stating the subject of the research and its objectives and stating this subject to think about the objectives; General presentation of educational materials regarding commitment and acceptance and its results; Conducting the pre-test. The second session: explanation and statement of the principle why the need for psychological interventions is felt?; creating hope and expectation of treatment in reducing these pressures; Expressing the principle of accepting and recognizing feelings and thoughts about problems, giving awareness in this field that thoughts as thoughts and; accept feelings as feelings and memories only as memories; Presentation of the assignment in the field of self-acceptance and feelings caused by problems. The third session: reviewing the tasks of the previous session; Talking about the feelings and thoughts of the group members; Teaching the members to accept their thoughts and feelings without judging whether they are good or bad; Education and recognition of emotions and their difference with thoughts and feelings; Presenting the assignment of how much we accept ourselves and our feelings and how much we accept others and others' feelings? Fourth session: Examining tasks; Presenting the technique of mindfulness and focusing on breathing; Presenting the technique of being in the moment and stopping thinking; Re-emphasis on the principle of acceptance in recognizing feelings and thoughts; Emphasis on recognizing feelings and thoughts with another look; Tasks: Look at life events (annoying) in a different way and do not stop addiction and imagine it only as a disease and not more. Fifth session: review of tasks; Education and creation of knowledge about the difference between acceptance and surrender and awareness of the fact that we accept what we cannot change; Recognizing the subject of judgment and encouraging members not to judge their feelings; Presenting this technique to be aware of the existence of their feelings by being mindful at every moment, just witnessing them but not judging them; Presenting mindfulness homework along with non-judgmental acceptance. Sixth session: self-representation and short survey of the education process; Asking the group members to express their feelings and emotions regarding the tasks of the previous meeting; Teaching and presenting the principle of commitment and its necessity in the process of education and treatment; (Education of commitment to action means that after choosing a valuable and right path in terms of reaching peace or accepting any event in life, let's act on it and commit ourselves to doing it); Providing the technique of selective attention for more relaxation regarding the influx of negative spontaneous thoughts; Rehearsing the seventh brainstorming session: providing feedback and searching for unresolved issues among group members; Identifying behavioral plans regarding accepted matters and making a commitment to act on them; Creating the ability to choose an action among different options, in a way that is more appropriate and not more practical. Awareness along with scanning in the eighth session: review of tasks; Summary of contents; Obtaining commitment from members to perform tasks after the end of the course; Introducing yourself to the group members, appreciating and thanking them for their presence in the meetings. Finally, the post-test will be done..

Category

Treatment - Other

2

Description

Control group: The number of 40 patients will be randomly selected and will be allocated in two intervention groups (20 people) and control group (20 people). At the beginning, the control group completes Adams and Jones marital commitment questionnaires, Professor Bell's social adjustment, Connor and Davidson's resilience as a pre-test, and the control group will not receive treatment and the post-test will be administered at the end.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Rasht community treatment centers

Full name of responsible person

Fatemeh Rouhi

Street address

Corner of Panjam Alley, Muftah Township, Shahid Beheshti Beltway, Rasht.

City

Rasht

Province

Guilan

Postal code

4146545157

Phone

+98 937 131 4931

Email
dr.shadirohi@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Hossein Khara
Street address
Kashif Sharfi Street, Lahijan, Gilan Province
City
Lahijan
Province
Guilan
Postal code
44169-39515
Phone
+98 13 4222 9081
Email
dr.shadirohi@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad 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
Islamic Azad University
Full name of responsible person
Fateme Rouhi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Corner of Panjam Alley, Muftah Township, Shahid Beheshti Beltway, Rasht.
City
Rasht
Province
Guilan
Postal code
4146545157
Phone
+98 13 3352 5554
Email
dr.shadirohi@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Fatemeh Rouhi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Corner of Panjam Alley, Muftah Township, Shahid Beheshti Beltway, Rasht.
City
Rasht
Province
Guilan
Postal code
4146545157
Phone
+98 13 3352 5554
Email
dr.shadirohi@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Fatemeh Rouhi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Corner of Panjam Alley, Muftah Township, Shahid Beheshti Beltway, Rasht, Gilan
City
Rasht
Province
Guilan
Postal code
4146545157
Phone
+98 13 3352 5554
Email
dr.shadirohi@gmail.com

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
Due to the possibility of publication of the article, no decision has yet been made to publish the data.
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