# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness of Medical Students

## Protocol summary

**Study aim**

Comparison of the effect of internet cognitive-behavioral therapy (ICBT) and internet based acceptance and commitment therapy (iACT) on mental health and mindfulness of medical students of Kerman University of Medical Sciences.

**Design**

A clinical trial with a control group, with parallel groups, a blind strain, randomized, 2 phases on 60 people. The rand function of Excel software was used for randomization.

**Settings and conduct**

The current research is of an interventional type. The statistical population of this study is the medical students of Kerman University of Medical Sciences in the internship stages in 1401. This is an applied study which is conducted on 60 students with informed consent and compliance with the entry and exit criteria after receiving the permission and code of ethics, and its purpose is to compare the effect of internet cognitive-behavioral therapy (ICBT) and treatment based on Internet acceptance and commitment (iACT) on mental health and mindfulness of medical students of Kerman University of Medical Sciences.

**Participants/Inclusion and exclusion criteria**

Guest students at Kerman University of Medical Sciences. concurrent participation in another psychiatric intervention, history of mental illness, being treated by a psychiatrist, taking psychiatric drugs, Lack of proper access to social networks Lack of consent to continue the treatment process.

**Intervention groups**

ICBT group undergoing cognitive-behavioral therapy iACT group undergoing acceptance and commitment therapy control group (not subjected to any treatment)

**Main outcome variables**

mental health, mindfulness

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20171009036661N5**
Registration date: **2023-01-16, 1401/10/26**
Registration timing: **registered_while_recruiting**

Last update: **2023-01-16, 1401/10/26**
Update count: **0**

**Registration date**

2023-01-16, 1401/10/26

**Registrant information**

**Name**

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 34 3335 6220

**Email address**

m.mayel@kmu.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2022-10-12, 1401/07/20

**Expected recruitment end date**

2023-09-11, 1402/06/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**
Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness of Medical Students

**Public title**
Comparison of the Effects of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy(iACT) on Mental health and Mindfulness

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Medical students of Kerman University of Medical Sciences during internships in 2022 Proficiency in Persian language

**Exclusion criteria:**
Guest students at Kerman University of Medical Sciences concurrent participation in another psychiatric intervention history of mental illness, being treated by a psychiatrist, taking psychiatric drugs Lack of proper access to social networks Lack of consent to continue the treatment process

**Age**
No age limit

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**

- Investigator

**Sample size**
Target sample size: **60**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
In this study, the method of selecting people will be simple random sampling. In this way, we number the list of names of the students who are going to enter the study from 1 to the last (60) and record each of the numbers on similar and identical small cards. Then we put all the cards in a box and every time after shaking the box, we randomly take out one card from the box and record its number. We continue this process until the number of 20 people is obtained. We put these people in the ICBT group. Then, after shaking the box, we take out another 20 cards and record their number. The names of the 20 cards removed will be considered as the iACT group, and the names of the 20 cards remaining in the box will be considered as the control group.

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**
In this study, main investigator and outcome assessor were blinded. The data analyser were also blinded because all checklist was without name and contained only a code.

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Research Ethics Committee of Kerman University of Medical Sciences

**Street address**
Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran

**City**
Kerman

**Province**
Kerman

**Postal code**
7616913555

**Approval date**
2022-08-09, 1401/05/18

**Ethics committee reference number**
IR.KMU.REC.1401.202

## Health conditions studied

### 1

**Description of health condition studied**
The effect of Internet Cognitive-Behavioral Therapy (ICBT) and Internet Acceptance and Commitment Therapy (iACT) on mental health and mindfulness

**ICD-10 code**
F48.9

**ICD-10 code description**
Nonpsychotic mental disorder, unspecified

## Primary outcomes

### 1

**Description**
mental health

**Timepoint**
2 months after the start of the intervention

**Method of measurement**
GHQ mental health scale

### 2

**Description**
mindfulness

**Timepoint**
2 months after the start of the intervention

**Method of measurement**
Five-faceted Mindfulness Questionnaire (FFMQ)

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
The first intervention group: people undergoing Internet cognitive-behavioral therapy/ Duration of treatment: 2 months/ How to hold: online/ Number of sessions: 8 sessions (4 sessions per month)/ Duration of sessions: 1 hour/ Content: Internet cognitive-behavioral therapy according to the discretion of the expert who organized the course
**Category**
Behavior

### 2

**Description**
Intervention group (second): people undergoing treatment based on acceptance and commitment on the Internet/ Duration of treatment: 2 months/ How to hold: online/ Number of sessions: 8 sessions (4 sessions per month)/ Duration of sessions: 1 hour/ Content: acceptance and commitment on the Internet therapy according to the discretion of the expert who organized the course
**Category**
Behavior

### 3

**Description**
Control group: people who do not undergo any treatment.
**Category**
Behavior

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Kerman University of Medical Sciences
**Full name of responsible person**
Masoud Mayel
**Street address**
Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran
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**Province**
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masoud.mayel@gmail.com

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Kerman University of Medical Sciences
**Full name of responsible person**
Dr. Reza Malekpour Afshar
**Street address**
Ebn-e-Sina St.,Jahad Blvd., Kernan,Iran
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Kerman
**Province**
Kerman
**Postal code**
7619813159
**Phone**
+98 34 3226 3855
**Email**
vcr@kmu.ac.ir
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Kerman 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**
Kerman University of Medical Sciences
**Full name of responsible person**
Massoud mayel
**Position**
Assistant Professor
**Latest degree**
Specialist
**Other areas of specialty/work**
Emergency Medicine
**Street address**
Shahid Bahonar hospital, Qarani st.
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7613747181
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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

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**Position**

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**Latest degree**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

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**Position**

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**Latest degree**

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**Other areas of specialty/work**

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**Fax**

**Email**

masoud.mayel@gmail.co

**Web page address**

## 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