Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the Effectiveness of group Therapy based on Compassion-Focused Therapy (CFT) with Acceptance and Commitment-based Therapy (ACT) on Marital Satisfaction and Experiential Avoidance of married patients with relapsing and recovering multiple sclerosis.

Protocol summary

Study aim

Comparing the effectiveness of group therapy based on compassion-focused therapy with therapy based on acceptance and commitment on marital satisfaction of married multiple sclerosis patients with relapsing and recovering type. Comparison of the effectiveness of group therapy based on compassion-focused therapy with therapy based on acceptance and commitment on experiential avoidance of married patients with multiple sclerosis, relapsing and recovering.

Design

The current research is a semi-experimental type of research and its research design is a pre-test and post-test design with a control group with random selection.

Settings and conduct

Group therapy based on compassion-focused therapy (CFT) and commitment and acceptance-based therapy (ACT) with groups of eight married MS patients at Ghaem Mashhad research, training and treatment center.

Participants/Inclusion and exclusion criteria

Inclusionn:1. At least one month has passed since MS as diagnosed by a specialist doctor. 2. Being married 3. Not receiving psychological services during the research Exclusion: Abuse of drugs, alcohol and psychotropic drugs

Intervention groups

The first group is the group that experiences the focused treatment of compassion (CFT). The second group is the group that experiences commitment and acceptance therapy (ACT). The third group is the control group that does not experience any type of psychological treatment.

Main outcome variables

Marital satisfaction; experiential avoidance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221128056653N1**
Registration date: **2023-05-12, 1402/02/22**
Registration timing: **retrospective**

Last update: **2023-05-12, 1402/02/22**
Update count: **0**

Registration date

2023-05-12, 1402/02/22

Registrant information

Name

Hoseein Baratipuor

Name of organization / entity

Islamic Azad University, Mashhad branch

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-11, 1401/12/20

Expected recruitment end date

2023-04-19, 1402/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the Effectiveness of group Therapy based on Compassion-Focused Therapy (CFT) with Acceptance and Commitment-based Therapy (ACT) on Marital Satisfaction and Experiential Avoidance of married patients with relapsing and recovering multiple sclerosis.

Public title
Comparing the effectiveness of compassion-focused therapy with acceptance and commitment-based therapy on marital satisfaction and experiential avoidance.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
At least one month has passed since MS as diagnosed by a specialist doctor. Being married
Exclusion criteria:
Abuse of drugs, alcohol and psychedelics Currently doing counseling and psychotherapy

Age
From **25 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **24**

Randomization (investigator's opinion)
Not randomized

Randomization description

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
Ethics Committee in Research Faculty of Medicine, Islamic Azad University - Mashhad Medical Sciences
Street address
14 Imam Khomeini Street, Mashhad, Dr. Shahin Far Medical School
City
Mashhad
Province
Razavi Khorasan
Postal code
PO: 9133736351

Approval date
2022-11-02, 1401/08/11

Ethics committee reference number
IR.IAU.MSHD.REC.1401.161

Health conditions studied

1

Description of health condition studied
Multiple sclerosis(MS)

ICD-10 code
G35

ICD-10 code description
Multiple sclerosis

2

Description of health condition studied
Marital satisfaction

ICD-10 code

ICD-10 code description

3

Description of health condition studied
Experiential avoidance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Marital satisfaction score in Enrich Marital Satisfaction Questionnaire

Timepoint
Before starting group therapy sessions and after finishing the sessions.

Method of measurement
Enrich Marital Satisfaction Questionnaire

2

Description
Experiential avoidance score in Acceptance and Action Questionnaire, second edition

Timepoint
Before starting group therapy sessions and after finishing the sessions

Method of measurement
Acceptance and Action Questionnaire, second version

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group is a group that experiences eight sessions of group psychotherapy with an interval of one week in the method of focused compassion therapy.This method of psychotherapy helps clients by creating or increasing a relationship of inner compassion with themselves, instead of blaming, condemning or self-criticizing. Self-compassion has been defined as a three-component construct, including self-kindness versus self-judgment, human commonality versus isolation, and mindfulness versus extreme identification. Also, self-compassion is considered in the sense of caring for oneself against self-judgment, human commonality against isolation, and mindfulness against identification. Therefore, this research is trying to help the acceptance and adaption to the current conditions of married people with MS disease, to use the focused treatment of compassion in a group and to measure their effectiveness on two psychological components that are very effective on mental health and recovery. examine the marital relationship, including experiential avoidance and marital satisfaction

Category

Rehabilitation

2

Description

The second intervention group is a group that experiences eight sessions of group psychotherapy with an interval of one week in the method of treatment based on acceptance and commitment.The goal of treatment based on commitment and acceptance is to help people to create a rich, complete and meaningful life, while accepting the suffering that life inevitably brings with it. Pain, whether physical or emotional, is a universal phenomenon. Although pain may be perceived as unpleasant, what leads to real suffering is the struggle to escape or avoid pain. This assumption is the core and basis of treatment based on acceptance and commitment. Therefore, this research is trying to help accept and adapt to the current conditions of married people with MS disease, to apply therapy based on commitment and acceptance as a group and to measure their effectiveness on two psychological components that have a great impact on health. examine the psychological and healing of the marital relationship, including experiential avoidance and marital satisfaction.

Category

Rehabilitation

3

Description

The control group is a group that does not experience any type of individual or group psychotherapy.Only at the same time as the intervention groups, at the beginning of the group psychotherapy sessions and at the end of the group psychotherapy sessions, they answer the questionnaires of marital necessity and experiential avoidance.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghaem Educational, Research and Treatment Center

Full name of responsible person
Negar Asgharipour

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Ghaem Hospital, Ahmedabad Street, Mashhad

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Web page address
https://quaem.mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Javad Bahar Ara

Street address
Iran - Khorasan Razavi - Mashhad - Qasim Abad (Gharb town) - Emamieh Boulevard - Professor Yousefi Intersection - University Campus - Eastern Side - Central Organization of Islamic Azad University of Mashhad

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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
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
Mashhad University of Medical Sciences
Full name of responsible person
Negar Asgharipour
Position
Professor (Associate)
Latest degree
Ph.D.
Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
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Islamic Azad University
Full name of responsible person
Hoseein Baratipuor
Position
School counselor
Latest degree
Master
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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
Because the important result of this research is that it will be published in the form of an article after completion.
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
No - There is not a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary

Not applicable

Title and more details about the data/document

The research results are published in the form of an article

When the data will become available and for how long

Simultaneously with the publication of the article

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

To know the effectiveness of group therapy methods (Compassion Focused Therapy (CFT) and Commitment and Acceptance Therapy (ACT)) were used in this research.

From where data/document is obtainable

hosainbp55@gmail.com

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

Correspondence with this email hosainbp55@gmail.com

Comments