

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jun 2026

The Effectiveness of acceptance and commitment therapy (ACT) on symptoms of depression, anger and suicidal thoughts in people with an emotional breakdown

Protocol summary

Study aim

The purpose of this research is to investigate the effect of acceptance and commitment therapy on reducing the symptoms of suicidal thoughts, anger and depression in people with a history of emotional failure, and reducing these symptoms can provide greater efficiency and academic progress and mental health for affected students. Considering that together with emotional failure, sadness, depression, anger and suicidal thoughts appear in a person and endanger his mental health and interpersonal relationships; One of the ways to recover from psychological injuries is to identify the factors related to it. According to the investigations conducted in the conducted researches, in most of the researches in the field of emotional failure, the effect of acceptance and commitment therapy on these symptoms of emotional failure has not been taken into consideration.

Design

This research will be done in two groups with 20 people. After filling out the questionnaires, people will be selected according to the information obtained from the Ras emotional breakdown questionnaire.

Settings and conduct

Acceptance and commitment therapy will be done in 8 sessions for the experimental group.

Participants/Inclusion and exclusion criteria

The conditions for the participants to enter this research are having a history of emotional failure and being a student of Bu Ali Sina University.

Intervention groups

This research has two intervention groups. The experimental group, which is treated with acceptance and commitment therapy, and the control group, which has no treatment.

Main outcome variables

Identifying the effect of treatment based on acceptance and commitment on the symptoms of depression, anger

and suicidal thoughts in people with a history of emotional failure,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240611062089N1**

Registration date: **2025-05-13, 1404/02/23**

Registration timing: **registered_while_recruiting**

Last update: **2025-05-13, 1404/02/23**

Update count: **0**

Registration date

2025-05-13, 1404/02/23

Registrant information

Name

Mohadese Ghamari

Name of organization / entity

Buali-Sina University of Hamedan

Country

Iran (Islamic Republic of)

Phone

+98 902 757 2487

Email address

m.ghamari@eco.basu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-03-21, 1404/01/01

Expected recruitment end date

2025-05-21, 1404/02/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of acceptance and commitment therapy (ACT) on symptoms of depression, anger and suicidal thoughts in people with an emotional breakdown

Public title

The effect of acceptance and commitment therapy (ACT) on emotional breakdown symptoms

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Have experienced emotional breakdown Be a student at Bu Ali Sina University Have suicidal thoughts To feel angry Feeling depressed

Exclusion criteria:

Have not experienced emotional breakdown Not being a student of Bu Ali Sina University Not reaching the target score in emotional failure questionnaires

Age

No age limit

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

To form the groups using the random sampling method, half of the subjects in the first group and the other half in the second group are randomly replaced.

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 of Bu Ali Sina University

Street address

Ahmadi Roshan Blvd

City

Hamedan

Province

Hamadan

Postal code

6517828695

Approval date

2024-03-04, 1402/12/14

Ethics committee reference number

IR.BASU.REC.1402.068

Health conditions studied**1****Description of health condition studied**

Symptoms of emotional breakdown

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Emotional failure score in Rosse questionnaire

Timepoint

Examining the scores obtained at the beginning and end of the study in each group.

Method of measurement

Ross emotional failure questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The intervention group will be treated with acceptance and commitment therapy, and the scores obtained from the questionnaires will be checked both at the beginning and at the end of the study.

Category

Rehabilitation

2**Description**

Control group: This group will not be subjected to any treatment and the scores obtained from the questionnaires will be checked both at the beginning and at the end of the study.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Bu Ali Sina University of Hamedan

Full name of responsible person

Mohammad Reza Zoghi Paidar

Street address

Ahmadi Roshan BLVD

City

Hamedan

Province

Hamadan

Postal code

6517828695

Phone

+98 918 311 3950

Email

zoghhipaidar@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice President for Research, Bu Ali Sina University,
Hamadan

Full name of responsible person

Arash Ghorbani Chaghmarani

Street address

Ahmadi Roshan BLVD

City

Hamedan

Province

Hamadan

Postal code

6517828695

Phone

+98 81 3140 5555

Email

a.ghorbani@yahoo.com

Grant name

Research Grant from Bu Ali Sina University

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice President for Research, Bu Ali Sina University,
Hamadan

Proportion provided by this source

1

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

Bu Ali Sina University

Full name of responsible person

Mohadese ghamari

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ahmadi Roshan BLVD

City

Hamedan

Province

Hamadan

Postal code

6517828695

Phone

+98 918 311 3950

Email

Mohadeseqamari@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Buali-Sina University of Hamedan

Full name of responsible person

Mohadese Ghamari

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ahmadi roshan Blvd

City

Hamedan

Province

Hamadan

Postal code

6517828695

Phone

+98 902 757 2487

Fax**Email**

m.ghamari@eco.basu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Buali-Sina University of Hamedan

Full name of responsible person

Mohadese Ghamari

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ahmadi roshan Blvd

City

Hamedan

Province

Hamadan

Postal code

6517828695

Phone

+98 902 757 2487

Fax

Email

m.ghamari@eco.basu.ac.ir

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