Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of acceptance and commitment therapy on perceived stress, depressive symptoms, and psychosomatic problems in women with depression referring to counseling services

Protocol summary

Study aim
Determining the effectiveness of acceptance and commitment therapy on perceived stress, depressive symptoms, and psychosomatic problems in women with depression referring to counseling services in Ahvaz

Design
A controlled, double-blind, randomized, phase 2 clinical trial with parallel groups on 30 patients. The rand function of Excel software was used for randomization.

Settings and conduct
Acceptance and commitment therapy will be investigated on perceived stress, depressive symptoms, and psychosomatic problems in women with depression referring to counseling services in Ahvaz. The present study will be conducted using a quasi-experimental design on two comparison groups in three stages: pre-test, post-test, and one-month follow-up. The research sample is purposive.

Participants/Inclusion and exclusion criteria
The inclusion criteria for the study are:) Having at least a high school diploma A score higher than 19 on the Depression and Perceived Stress Test Exclusion criteria also include: Having psychotic symptoms of hallucinations and delusions Presence of personality disorders

Intervention groups
Experimental group (ACT intervention): This group receives acceptance and commitment therapy. ACT therapy focuses on accepting unpleasant thoughts and feelings (without trying to change them) and adhering to personal values to create meaningful behavioral changes. Sessions of this therapy usually include exercises in mindfulness, acceptance, cognitive defusion, connecting with values, and committed action. Control group: This group does not receive any specific intervention: This group does not receive any specific intervention and simply acts as a control group so that changes in the experimental group can be compared with their baseline status.

Main outcome variables
Perceived stress, depressive symptoms, and psychosomatic problems

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250603066055N1**
Registration date: **2025-07-19, 1404/04/28**
Registration timing: **registered_while_recruiting**

Last update: **2025-07-19, 1404/04/28**
Update count: **0**

Registration date
2025-07-19, 1404/04/28

Registrant information

Name
Alireza Mohammadi khorasani

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 5273 1452

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alirezamohammadikhorasani@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-10, 1404/04/19

Expected recruitment end date
2025-09-21, 1404/06/30

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of acceptance and commitment therapy on perceived stress, depressive symptoms, and psychosomatic problems in women with depression referring to counseling services

Public title
The effectiveness of acceptance and commitment therapy on perceived stress, depressive symptoms, and psychosomatic problems in women with depression referring to counseling services
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having at least a high school diploma A score higher than 19 on the Depression and Perceived Stress Test Not having undergone psychotherapy in the past six months due to the possibility of confounding the results of the present study
Exclusion criteria:
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
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 Islamic Azad University of Ahvaz
Street address
Islamic Azad University Ahvaz Branch، Farhangshahr ، Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
6184793154
Approval date
2025-05-24, 1404/03/03
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.102

Health conditions studied

1

Description of health condition studied
Acceptance and commitment therapy
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Perceived stress
Timepoint
2
Method of measurement
Cohen's Perceived Stress Questionnaire, Psychosomatic Symptoms Questionnaire

2

Description
Symptoms of depression
Timepoint
2
Method of measurement
Depression Questionnaire

3

Description
Psychosomatic problems
Timepoint
2
Method of measurement
Psychosomatic symptom questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and commitment therapy

is applied.

Category
Treatment - Other

2

Description
Control group: did not receive acceptance and commitment therapy

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Ahvaz Branch

Full name of responsible person
Farzmand Klantari

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
Pejman Taghipour Birgani

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Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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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
Islamic Azad University

Full name of responsible person
Alireza Mohammadi khorasani

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for updating data

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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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable