Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Acceptance and Commitment Therapy (ACT) on Reducing Psychological Distress, Enhancing Marital Satisfaction, and Promoting Spiritual Well-Being in Women Experiencing Marital Conflicts with Their Spouses Employed in the National Drilling Company's Rotational Workforce in Ahvaz

Protocol summary

Study aim

Investigating the Effectiveness of Acceptance and Commitment Therapy (ACT) on Reducing Psychological Distress, Increasing Marital Satisfaction, and Enhancing Spiritual Well-Being in Women with Marital Conflicts Whose Husbands are Rotational Shift Employees of Ahvaz National Drilling Company

Design

semi-experimental design with a pre-test-post-test and a control group. The sample size was 30 individuals, selected through Purposive sampling, and were randomly (by lottery) assigned into two 15-person groups (experimental and control).

Settings and conduct

Setting and Location: A field study conducted in the city of Ahvaz on the spouses of rotational shift employees of the National Drilling Company.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Having a husband who is a rotational shift employee of Ahvaz National Drilling Company. Experience of significant marital conflicts (assessed by a standard instrument or clinical interview). Willingness and provision of informed consent to participate in the research. Exclusion Criteria: Diagnosis of psychiatric disorders requiring immediate treatment. Concurrent receipt of regular psychotherapy for marital conflicts.

Intervention groups

Intervention Experimental: Participants in this group received Acceptance and Commitment Therapy (ACT). The intervention consisted of 8 weekly 90-minute group sessions. The session content was delivered based on the standard ACT protocol. Control Group: Participants in this group did not receive any specific psychological intervention during the study period and were placed on a waiting list.

Main outcome variables

Reduction in psychological distress scores; Increase in marital satisfaction scores; Increase in spiritual well-being scores.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250830067056N1**
Registration date: **2025-10-10, 1404/07/18**
Registration timing: **registered_while_recruiting**

Last update: **2025-10-10, 1404/07/18**
Update count: **0**

Registration date

2025-10-10, 1404/07/18

Registrant information

Name

Fazileh Davoodi

Name of organization / entity

Islamic Azad University, Ahvaz Branch

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date
2025-09-04, 1404/06/13
Expected recruitment end date
2025-11-04, 1404/08/13
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 Reducing Psychological Distress, Enhancing Marital Satisfaction, and Promoting Spiritual Well-Being in Women Experiencing Marital Conflicts with Their Spouses Employed in the National Drilling Company’s Rotational Workforce in Ahvaz

Public title
The Effectiveness of Acceptance and Commitment Therapy (ACT) on Reducing Psychological Distress, Increasing Marital Satisfaction, and Enhancing Spiritual Well-Being in Women Experiencing Marital Conflicts
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Female and married. Having at least one year of marital experience. Experiencing marital conflicts (self-reported or confirmed by spouse). Aged between 20 and 50 years. Ability and willingness to attend ACT therapy sessions (individual or group). Providing informed consent to participate in the study. No diagnosis of severe psychiatric disorders (e.g., schizophrenia or bipolar disorder) requiring immediate intervention. Not receiving similar psychological interventions (e.g., CBT or ACT) in the past six months.
Exclusion criteria:
Unwillingness or discontinuation of participation during the intervention. Onset of acute psychiatric conditions during the study that prevent continuation of therapy. Receiving concurrent psychological treatments that may confound the study outcomes. Failure to complete pre-test or post-test assessments. Not filling out the consent form
Age
From **20 years** old to **50 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, simple randomization was used to assign participants to the ACT intervention and control groups. The randomization unit was individual participants, and a computer program was used to generate the random sequence. Allocation concealment was maintained using sealed envelopes, and the enrolling researcher had no access to the group assignments.
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
Islamic Azad University, Ahvaz Branch
Street address
Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Boulevard, Ahvaz, Iran.
City
اهواز
Province
Khouzestan
Postal code
۶۱۳۴۹-۳۷۳۳۳
Approval date
2025-08-21, 1404/05/30
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.268

Health conditions studied

1

Description of health condition studied
Marital conflicts
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Psychological distress
Timepoint
At two time points: before the start of the intervention, and immediately after the completion of the intervention sessions (week 8).
Method of measurement
Kessler Psychological Distress Scale (2004)

2

Description
Marital satisfaction
Timepoint
At two time points: before the start of the intervention, and immediately after the completion of the intervention sessions (week 8).
Method of measurement
The ENRICH Marital Satisfaction Inventory (1998)

3

Description
Spiritual well-being
Timepoint
At two time points: before the start of the intervention, and immediately after the completion of the intervention sessions (week 8).
Method of measurement
The Spiritual Well-Being Scale (Paloutzian & Ellison, 1982)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: Participants in this group will receive Acceptance and Commitment Therapy (ACT). This intervention consists of 8 weekly 90-minute group sessions. The session content is based on the standard ACT protocol, culturally adapted, and includes training and practice of the core processes of ACT (such as acceptance, commitment, values, committed action, cognitive defusion, and contact with the present moment). The sessions will be conducted by a therapist trained in this approach.
Category
Treatment - Other

2

Description
Control Group: Participants in this group will not receive any active intervention during the study period and will be placed on a waiting list. After the completion of the study and final data collection, if they are interested, a similar educational intervention will be provided to them. Assessments will be administered to this group at two time points (pre-intervention and post-intervention), concurrently with the intervention group.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Counseling and Psychological Services Center of Islamic Azad University, Ahvaz Branch
Full name of responsible person
Fazileh Davoodi
Street address
Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Boulevard, Ahvaz, Iran.
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Sponsors / Funding sources

1

Sponsor
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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, Ahvaz Branch
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, Ahvaz Branch

Full name of responsible person
Fazileh Davoodi

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Position
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

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
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
"The raw data pertaining to the assessment of psychological distress, marital satisfaction, and spiritual well-being in women with marital conflicts—all individual-level data collected via standard questionnaires (the Kessler Psychological Distress Scale, the ENRICH Marital Satisfaction Inventory, and the Paloutzian & Ellison Spiritual Well-Being Scale) at pre-test and post-test phases—are fully shareable after complete de-identification."

When the data will become available and for how long
Release timeline: The de-identified data from this study will not be available in real-time (upon request) but will become accessible after the complete analysis process and the initial publication of the results are finalized. Accessibility start date: Access to the data will commence from "six months after the official publication date of the primary article from this research in a reputable scientific journal".

To whom data/document is available
Data and documentation from this study will be accessible to the following groups, provided that scientific and ethical purposes are adhered to: Researchers and faculty members from accredited universities and higher education institutions (both public

and private) who are active in related fields, including psychology, counseling, family studies, and mental health. Graduate students (Master's and Ph.D. candidates) currently conducting their theses or dissertations in related areas. Requests from students must be accompanied by proof of enrollment and a letter of introduction from their academic supervisor. Researchers affiliated with scientific-research centers who have a non-commercial research proposal in the fields of mental health, family, or psychological interventions.

Under which criteria data/document could be used

Access to the de-identified data from this study will be exclusively available to academic researchers and non-commercial research centers, starting six months after the publication of the primary article. Applicants must submit a formal request accompanied by a detailed research proposal with strong scientific justification and sign a Data Transfer Agreement (DTA). This agreement ensures that the data will be used solely for non-commercial research purposes, explicitly prohibits any attempt to re-identify individuals, mandates citation of the original study, and forbids the transfer of data to third parties. Any statistical analyses must be conducted within the framework of the approved proposal.

From where data/document is obtainable

Interested applicants may initially submit their data requests via email to mortezaahmadi19922@gmail.com with the subject line "Request for Psychology Thesis Data." If no response is received within two weeks, they may contact the research supervisor, Dr. Zeynab Darvishi, directly at z.darvishi@iauahvaz.ac.ir or via the office telephone number of the Islamic Azad University, Ahvaz Branch Research Center at +98-61-33334567 (during office hours). All requests must include identity information, institutional affiliation, and a brief research proposal.

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

Data Request Process and Timeline: Following the initial email request, the applicant will proceed through the following steps: Initial Request Review (Maximum 5 business days): The principal investigators will review the request for completeness and adherence to initial criteria (e.g., academic affiliation). If additional information is needed, it will be requested from the applicant. Submission and Completion of Documents (Timeline dependent on the applicant): After initial approval, the formal application form, Data Transfer Agreement (DTA), and a template for the brief research proposal will be sent to the applicant. The timeframe for completing and returning these documents depends on the applicant's promptness. Final Review and Agreement Signing (Maximum 10 business days): Upon receipt of the complete documents, the research proposal and the applicant's commitments will be carefully reviewed, and the final version of the DTA will be signed by both parties. Data Dispatch (Within 3 business days after signing): Immediately upon the completion and signing of the DTA, the de-identified data file (usually in Excel or SPSS format) will be sent to the applicant via email. Total Time Estimate: Overall, provided there are no delays in document submission from the applicant's side, the entire process takes approximately 3 to 4 weeks until the data is delivered.

Comments