Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school studentsi

Protocol summary

Study aim
Determining the effectiveness of acceptance and commitment therapy on reducing depression, anxiety, and stress in female high school students
Design
The research is an interventional study with two control groups (no intervention) and an experiment (intervention) in the form of a pre-test and post-test.
Settings and conduct
The study is conducted in high school girls in Saravan as an intervention with pre-test and post-test.
Participants/Inclusion and exclusion criteria
The entry requirement is to be a girl who has completed her second year of high school in Saravan.
Intervention groups
A group of 15 people
Main outcome variables
Acceptance and commitment therapy, depression, anxiety, stress

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20251002067474N1**
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
Arezoo Sabetghadam
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 54 3763 1166
Email address
a.sabetghadam@iau.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-10-07, 1404/07/15
Expected recruitment end date
2025-10-12, 1404/07/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school studentsi

Public title
The effectiveness of Acceptance and Commitment Therapy in anxiety, depression and stress in female high school students
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Female student of the second high school in Saravan
Exclusion criteria:
Age
From **15 years** old to **18 years** old
Gender
Female

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
The 30 students with the highest total scores on the DASS-21 questionnaire (those with the highest levels of stress, depression, and anxiety) are selected. Then, using a random number table, 15 are randomly assigned to the experimental group and 15 to the control group.
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 the Faculty of Medicine, Islamic Azad University, Zahedan Branch
Street address
Faculty of Medical Sciences, Islamic Azad University, University Boulevard
City
Zahedan
Province
Sistan-va-Balouchestan
Postal code
9816743578
Approval date
2025-09-27, 1404/07/05
Ethics committee reference number
IR.IAU.ZAH.REC.1404.073

Health conditions studied

1

Description of health condition studied
Depression
ICD-10 code
ICD-10 code description

2

Description of health condition studied
anxiety
ICD-10 code
ICD-10 code description

3

Description of health condition studied
stress
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Depression score
Timepoint
Before the intervention (pre-test) and after the intervention (post-test)
Method of measurement
DASS-21 questionnaire

2

Description
Anxiety score
Timepoint
Before the intervention (pre-test) and after the intervention (post-test)
Method of measurement
DASS-21 questionnaire

3

Description
Stress score
Timepoint
Before the intervention (pre-test) and after the intervention (post-test)
Method of measurement
DASS-21 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 15 students, commitment and acceptance-based therapy training intervention
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center

Farhangian High School, Seyyed Qutb Street, Saravan

Full name of responsible person
Arezoo Sabetghadam

Street address
Seyyed Qutb

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Sistan-va-Balouchestan

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9951877775

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a.sabetghadam@iau.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Zahedan Branch

Full name of responsible person
Dr. Mehdi Shahraki

Street address
Islamic Azad University, University Street

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mehdi.shahraki@iau.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Islamic Azad University, Zahedan Branch

Proportion provided by this source
100

Public or private sector
Private

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
Zahedan University of Medical Sciences

Full name of responsible person
Arezoo Sabetghadam

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Due to the principle of confidentiality, no personal data from participants will be published, but will only be published in the form of research results.
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
Not applicable
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