Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of treatment based on acceptance and commitment on self-criticism, internalized shame and repetitive negative thoughts in adolescents with anxiety

Protocol summary

Study aim
The effectiveness of treatment based on acceptance and commitment on self-criticism, internalized shame and repetitive negative thoughts in adolescents with anxiety

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 30 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population of the study will include all adolescents with anxiety between the ages of 13 and 17 who refer to the Ahvaz City Counseling Center during the specified time period. In the sample selection stage, convenience sampling method will be used. After selecting the samples to a volume of 30 people based on the research entry and exit criteria, the participants will be randomly assigned to two groups: "Acceptance and Commitment Therapy" (intervention group) and "Waiting List" (control group).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Adolescents aged 13 to 17 years, suffering from anxiety as diagnosed by a specialist psychologist or relevant questionnaires. Exclusion criteria: Unwillingness to participate in the research, participation in other psychotherapy sessions during the research.

Intervention groups
Intervention group: All individuals who will receive acceptance and commitment therapy. Control group: All individuals who will not receive any intervention.

Main outcome variables
Self-criticism, internalized shame, repetitive negative thoughts, anxiety

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260611069754N1**
Registration date: **2026-06-18, 1405/03/28**
Registration timing: **prospective**

Last update: **2026-06-18, 1405/03/28**
Update count: **0**

Registration date
2026-06-18, 1405/03/28

Registrant information

Name
Zahra Bagheri

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 61 3551 9635

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saeid.hoo200@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-06, 1405/04/15

Expected recruitment end date
2026-07-21, 1405/04/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of treatment based on acceptance and

commitment on self-criticism, internalized shame and repetitive negative thoughts in adolescents with anxiety

Public title
Determining the effectiveness of an acceptance and commitment-based intervention on self-conscious emotions and rumination in anxious adolescents

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Adolescents aged 13 to 17 years Suffering from anxiety as diagnosed by a specialist psychologist or relevant questionnaires

Exclusion criteria:
Unwillingness to participate in the research Participation in other psychotherapy sessions during the research

Age
From **13 years** old to **17 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
The statistical population of the study will include all adolescents with anxiety between the ages of 13 and 17 who refer to the Counseling Center during the specified time period. In the sample selection stage, convenience sampling method will be used. After selecting a sample size of 30 people based on the research entry and exit criteria, participants will be randomly assigned to two groups: "Acceptance and Commitment Therapy" (intervention group) and "Waiting List" (control group). Randomization will be performed using the random block method with variable sizes (4 and 6 people) by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel software and then placed in opaque, sealed, and numbered envelopes so that the researcher and participants are not aware of the allocation sequence (allocation concealment). The envelope will be opened and the allocation group will be informed only when each participant enters the study. To ensure the equality of baseline variables (such as anxiety level, age), their distribution in the two groups will be examined during the statistical analysis stage.

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 Islamic Azad University of Ahvaz Branch

Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
6134937333

Approval date
2026-05-26, 1405/03/05

Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.183

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Self-Criticism

Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement
The measurement method will be using the Thomson and Zuroff (2004) self-criticism levels scale.

2

Description
Anxiety

Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement
The measurement method will be the Beck Anxiety Inventory (1988).

3

Description
Internalized Shame
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The measurement method will be using the Cooke (1988) Internal Shame Scale.

4

Description
Repetitive Negative Thoughts
Timepoint
1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention
Method of measurement
The measurement method will be by the McCoy et al. (2010) Repetitive Thoughts Questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and Commitment Therapy Intervention. Duration of each session: 90 minutes. Total number of sessions: 8 sessions. Sequence of sessions: Twice a week. Therapeutic tools used: This intervention focuses on increasing psychological flexibility to reduce self-criticism, internalized shame, and rumination. The main tools include: cognitive decompression exercises, therapeutic metaphors appropriate to the adolescent's age, mindfulness exercises, identification of personal values, and committed action exercises. Session content: First session: pre-test, introduction to acceptance and commitment therapy, and familiarization with the goals of the sessions. Second session: Identifying negative thoughts, self-criticism, and practicing distancing from thoughts. Third session: Teaching acceptance of unpleasant emotions such as anxiety and shame. Fourth session: Practicing mindfulness and being present in the moment to reduce rumination. Fifth session: Familiarization with the concept of "self as a platform" and reducing internalized shame. Sixth session: Identifying personal values and their relationship to adolescent behaviors. Seventh session: Practicing committed action and performing behaviors consistent with values. Eighth session: Conclusion, reviewing skills, post-test, and planning for follow-up.
Category
Treatment - Other

2

Description
Control group: Control group: The control group will not receive any intervention during the research, but to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization, they will receive the treatment intervention after data collection.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ryan Consulting Center
Full name of responsible person
Zahra Bagheri
Street address
Between East 4th and 5th Streets, Kianpars
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Egdarnezhad
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Opposite Keshavarz Street, Farhang Shahr, 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
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
Islamic Azad University

Full name of responsible person
Zahra Bagheri

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Unit 2, Bahareh Complex, No. 4, First Street of Western Ostadan, Phase 1 of Padad

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

Analytic Code
Not applicable

Data Dictionary
Not applicable