Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of acceptance and commitment therapy (ACT) on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Protocol summary

Study aim
The effectiveness of acceptance and commitment therapy on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Design
The study is a quasi-experimental clinical trial with a control group. A total of 30 participants were randomly allocated to the experimental or control group using a random number table.

Settings and conduct
The target population of this study consists of women visiting charity centers and NGOs in Tehran. A convenience sampling method was employed, with 30 female victims of domestic violence randomly selected and assigned to either the experimental or control group. Participants in the experimental group then underwent eight sessions of Acceptance and Commitment Therapy (ACT) group intervention, while the control group received no treatment.

Participants/Inclusion and exclusion criteria
being married having literacy (ability to read and write) willingness to participate in the research scoring between 48 to 64 on the "Violence Against Women" questionnaire

Intervention groups
The experimental group participates in eight sessions of Acceptance and Commitment Therapy (ACT) group therapy, whereas the control group receives no intervention.

Main outcome variables
Examining the Effectiveness of Acceptance and Commitment Therapy (ACT) on Three Variables: Loneliness, Fatigue, and Internalized Shame

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250420065402N1**
Registration date: **2025-08-04, 1404/05/13**
Registration timing: **retrospective**

Last update: **2025-08-04, 1404/05/13**
Update count: **0**

Registration date
2025-08-04, 1404/05/13

Registrant information

Name
farima jahanbakhshi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 903 453 8926

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fa.jahanbakhshi@iau.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-04-08, 1404/01/19

Expected recruitment end date
2025-07-20, 1404/04/29

Actual recruitment start date
2025-04-08, 1404/01/19

Actual recruitment end date
2025-04-23, 1404/02/03

Trial completion date
empty

Scientific title
The effectiveness of acceptance and commitment

therapy (ACT) on fatigue, internalized shame and feeling of loneliness of victim women of domestic violence

Public title
The effectiveness of acceptance and commitment therapy (ACT)
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Being married Having literacy (ability to read and write) Willingness to participate in the program Scoring between 48 to 64 on the "Violence Against Women" questionnaire
Exclusion criteria:
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
For randomization, a random number table is used. First, each participant is assigned a unique number. Then, participants with even numbers are allocated to the intervention group, while those with odd numbers are assigned to the control group.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Islamic Azad University-Ahvaz branch
Street address
اهواز- بزرگراه گلستان- فرهنگ شهر- دانشگاه آزاد اسلامی واحد اهواز- دانشکده پرستاری و مامایی
City
Ahvaz
Province
Khouzestan
Postal code
۶۱۳۴۹-۳۷۳۳۳
Approval date
2025-02-16, 1403/11/28
Ethics committee reference number
IR.IAU.AHVAZ.REC.1403.505

Health conditions studied

1

Description of health condition studied
fatigue, internalized shame and feeling of loneliness
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
the obtained scores on the multidimensional fatigue inventory MFI (Smets et al, 1995), internalized shame scale (Cook, 1993) and loneliness questionnaire (Russel, 1996)
Timepoint
baseline and post-intervention
Method of measurement
the multidimensional fatigue inventory MFI (Smets et al, 1995), internalized shame scale (Cook, 1993) and loneliness questionnaire (Russel, 1996)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: participants attended eight sessions of acceptance and commitment therapy intervention
Category
Behavior

2

Description
Control group: Participants who received no intervention
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Avaye Omid Mehravaran-e Zendegi Non-Governmental Organization (NGO)
Full name of responsible person

Mehdi Shafakhah
Street address
Unit 446, 2nd Floor, Block D2 (Hafez), Entrance 13, Hafez Residential Complex, East Shokouri Street, Ekbatan, Tehran, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Alireza Navidi
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Islamic Azad University, Ahvaz Branch Farhang Shahr, Golestan Highway Ahvaz, Khuzestan Province, Iran
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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
Farima jahanbakhshi
Position
Student
Latest degree
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Psychology
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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

There is no further information

Study Protocol

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

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available