

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

Study of Well-being Changes During Mindfulness Based of Cognitive Therapy in Students : a Process of Change Study

Protocol summary

Study aim

The present study was designed to investigation the changes in well-being during mindfulness based of cognitive therapy(MBCT) in students as well as the process of changing variables in this type of intervention.

Design

in this study forty dormitory students of Shahed University were selected by available sampling method and randomly assigned to four groups of mindfulness based of cognitive therapy

Settings and conduct

The protocol was eight ninety minute sessions. Four groups completed Ryff's Scales of Psychological Well-being , experiences questionnaire(EQ) , cognitive emotional regulation, Savoring Beliefs Inventory, and Alternate uses task(AUT) before intervention and then simultaneously started their sessions. The first group after two weeks of intervention, the second group after four weeks, the third group after six weeks, and the fourth group after eight weeks recompleted the scales.

Participants/Inclusion and exclusion criteria

Undergraduate students, aged between 18 and 23 who have not received psychological therapy and psychiatric medicine for the last 6 months.

Intervention groups

The first group,Performing two weeks of Mindfulness based of cognitive therapy. The second group,Performing four weeks of Mindfulness based of cognitive therapy. The third group,Performing six weeks of Mindfulness based of cognitive therapy. The fourth group,Performing eight weeks of Mindfulness based of cognitive therapy.

Main outcome variables

Well-being

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120612010008N3**

Registration date: **2018-03-29, 1397/01/09**

Registration timing: **retrospective**

Last update: **2018-03-29, 1397/01/09**

Update count: **0**

Registration date

2018-03-29, 1397/01/09

Registrant information

Name

Elham Aghaei

Name of organization / entity

Isfahan University

Country

Iran (Islamic Republic of)

Phone

+98 21 2632 2449

Email address

elhamaghaei87@yahoo.com

Recruitment status

Recruitment complete

Funding source

Without financial support done.

Expected recruitment start date

2017-04-09, 1396/01/20

Expected recruitment end date

2017-06-10, 1396/03/20

Actual recruitment start date

2017-05-22, 1396/03/01

Actual recruitment end date

2017-07-23, 1396/05/01

Trial completion date

empty

Scientific title

Study of Well-being Changes During Mindfulness Based of Cognitive Therapy in Students : a Process of Change Study

Public title

Effect of Mindfulness Based of Cognitive Therapy on Well-being

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

All students aged 18 to 23 years Undergraduate students Living at the Girl's dormitory at Shahed University Get at least 12 points in the Psychological distress questionnaire (K10). Agreement to participate in studying and signing written consent

Exclusion criteria:

Get any psychological and Psychiatry treatment in the last 6 months Earning score more than 27 points in the Psychological distress questionnaire (K10).

Age

From **18 years** old to **23 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization using random numbers table

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The present study examines the process of change Through the multilevel analysis method

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shahed University

Street address

Shahed University, Tehran- Ghom freeway, Opposite Holy Shrine of Imam Komeini, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

3319118651

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.Shahed.REC.1396.3

Health conditions studied**1****Description of health condition studied**

Students with emotional symptoms who do not have the severity to diagnose a clinical disorder based on a psychological distress scale(K10)

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

well-being

Timepoint

before intervention,In the first group after two weeks,In the second group after four weeks,In the third group after six weeks,In the fourth group after eight weeks.

Method of measurement

Ryffs Scales of Psychological Well-being

Secondary outcomes**1****Description**

decentralization

Timepoint

before intervention,In the first group after two weeks,In the second group after four weeks,In the third group after six weeks,In the fourth group after eight weeks.

Method of measurement

experiences questionnaire

2**Description**

Broad attention

Timepoint

before intervention,In the first group after two weeks,In the second group after four weeks,In the third group after six weeks,In the fourth group after eight weeks.

Method of measurement

Alternate uses task

3**Description**

positive reappraisal

Timepoint

before intervention,In the first group after two weeks,In the second group after four weeks,In the third group after six weeks,In the fourth group after eight weeks.

Method of measurement

cognitive emotional regulation questionnaire

4

Description

savoring

Timepoint

before intervention, In the first group after two weeks, In the second group after four weeks, In the third group after six weeks, In the fourth group after eight weeks.

Method of measurement

Savoring Beliefs Inventory

Intervention groups

1

Description

Intervention group 1, Performing 2 Weeks of Mindfulness based cognitive therapy (• Week 1—Moving from living on “automatic pilot” to living with awareness and conscious choice • Week 2—Moving from relating to experience through thinking to directly sensing)

Category

Prevention

2

Description

Intervention group 2, Performing 4 Weeks of Mindfulness based cognitive therapy (Week 1—Moving from living on “automatic pilot” to living with awareness and conscious choice • Week 2—Moving from relating to experience through thinking to directly sensing • Week 3—Moving from dwelling in the past and future to being fully in the present moment • Week 4—Moving from trying to avoid, escape, or get rid of unpleasant experience to approaching it with interest •)

Category

Prevention

3

Description

Intervention group 3, Performing 6 Weeks of Mindfulness based cognitive therapy (• Week 1—Moving from living on “automatic pilot” to living with awareness and conscious choice • Week 2—Moving from relating to experience through thinking to directly sensing • Week 3—Moving from dwelling in the past and future to being fully in the present moment • Week 4—Moving from trying to avoid, escape, or get rid of unpleasant experience to approaching it with interest • Week 5—Moving from needing things to be different to allowing them to be just as they already are • Week 6—Moving from seeing thoughts as facts and real to seeing them as mental events that may not correspond to reality •)

Category

Prevention

4

Description

Intervention group 4, Performing 8 Weeks of Mindfulness based cognitive therapy (• Week 1—Moving from living on “automatic pilot” to living with awareness and conscious choice • Week 2—Moving from relating to experience through thinking to directly sensing • Week 3—Moving from dwelling in the past and future to being fully in the present moment • Week 4—Moving from trying to avoid, escape, or get rid of unpleasant experience to approaching it with interest • Week 5—Moving from needing things to be different to allowing them to be just as they already are • Week 6—Moving from seeing thoughts as facts and real to seeing them as mental events that may not correspond to reality • Week 7—Moving from treating yourself harshly to taking care of yourself with kindness and compassion • Week 8—Planning a mindful future)

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Avini Dormitory Counseling Center, Shahed University, Tehran

Full name of responsible person

Elham Aghaie

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Shahed University, Tehran- Gom freeway, Opposite Holy Shrine of Imam Komeini, Tehran, Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University

Full name of responsible person

Vice chancellor for research, Shahed University

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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

Shahed 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

Shahed University

Full name of responsible person

Elham Aghaie

Position

Phd candidate of clinical Psychology

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Full name of responsible person

Elham Aghaie

Position

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Latest degree

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Other areas of specialty/work

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Latest degree

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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

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

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

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