

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effectiveness of Mindfulness-based cognitive therapy on Emotional Resiliency and Emotion Regulation in children of divorce

Protocol summary

Summary

This study investigates the efficacy of mindfulness-based cognitive therapy for children of divorce. MBCT-C is a manualized group psychotherapy which is developed to enhance self-management of attention, to promote decentering, to increase emotional self-regulation, and to develop social emotional resiliency. Present study examines the hypotheses that children of divorce who participate in MBCT-C would show greater reductions in anxiety, depression, and anger symptoms. They also show enhancements in regulation of emotion. Participants are boys and girls aged 10-13 (N=30). All participants were randomly assigned into two groups: a waiting list control group (N=16) and an experimental group (N=14). MBCT-C is a 12-week program consisting of one 90-min group session per week, focused on mindfulness training, supplemented with brief daily home practice exercises.

General information

Acronym

MBCT-C

IRCT registration information

IRCT registration number: **IRCT2012102510911N1**

Registration date: **2012-12-17, 1391/09/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-17, 1391/09/27

Registrant information

Name

Nasrin Esmailian

Name of organization / entity

Shahid Beheshti University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Personal expenses by researcher: Nasrin Esmailian, Shahid Beheshti University

Expected recruitment start date

2012-04-08, 1391/01/20

Expected recruitment end date

2012-07-28, 1391/05/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Mindfulness-based cognitive therapy on Emotional Resiliency and Emotion Regulation in children of divorce

Public title

Effectiveness of Mindfulness-based cognitive therapy on Emotional Resiliency and Emotion Regulation in children of divorce

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: children of divorce aged 9 – 13; no severe physical problems; Not using psychological services during the intervention. Exclusion criteria: having a mental or physical problems; Absence of more than 4 sessions.

Age

From **9 years** old to **13 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

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

Shahid beheshti university

Street address

Velenjak St.

City

Tehran

Postal code

Approval date

2012-11-20, 1391/08/30

Ethics committee reference number

850/106/ص

Health conditions studied

1

Description of health condition studied

Children of divorce who have symptoms of anxiety, depression and anger.

ICD-10 code

F93

ICD-10 code description

Emotional disorders with onset specific to childhood

2

Description of health condition studied

Children of divorce who have symptoms of anxiety, depression and anger.

ICD-10 code

F32

ICD-10 code description

Depressive episode

3

Description of health condition studied

Children of divorce who have symptoms of anxiety, depression and anger.

ICD-10 code

F45

ICD-10 code description

Somatoform disorders

Primary outcomes

1

Description

anxiety

Timepoint

before the intervention, 1/5 months after the intervention, 3 months after the intervention

Method of measurement

state- trait anxiety

2

Description

depression

Timepoint

before the intervention, 1/5 months after the intervention, 3 months after the intervention

Method of measurement

child depression index

3

Description

anger

Timepoint

before the intervention, 1/5 months after the intervention, 3 months after the intervention

Method of measurement

state-trait anger

Secondary outcomes

1

Description

mindfulness and acceptance

Timepoint

before the intervention, 1/5 months after the intervention, 3 months after the intervention

Method of measurement

child acceptance and mindfulness measure

Intervention groups

1

Description

Mindfulness-based cognitive therapy program was taught

for 3 months in the experimental group.

Category

Prevention

2

Description

control group did not receive any training

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

middle schools in Tehran

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University

Full name of responsible person

Nasrin Esmailian, Dr. Mohsen Dehghani

Street address

Center for development of psychological scales,
Shahid Beheshti University

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Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahid Beheshti University

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University

Full name of responsible person

Mohsen Dehghani

Position

Senior lecturer

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty