Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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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 Esmaeilian, 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

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Position

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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