

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### Comparative effectiveness of group mindfulness-based cognitive therapy and group cognitive-behavioral therapy on self-esteem of girl students

#### Protocol summary

##### Summary

Introduction: The aim of this study is to compare the effectiveness of group mindfulness based cognitive therapy and group cognitive-behavioral therapy on self-esteem of girl students. Method: The present study is a clinical X. The statistical population includes all first grade female students of public high schools in 2012 in Sarakhs. Participants were chosen by random selection method and randomly allocated in three groups. Two groups received cognitive-behavioral and mindfulness based cognitive therapy for 2 months (8 sessions of 2 hours) while the control group received no training at all. Data were collected by Cooper Smith self-esteem questionnaire scale which was given to the subjects before and after of the training. The collected data was put to one way variance analysis and Danken test. Inclusion criteria: girls study in the first degree of high school; Test score below the cut-off point at Cooper Smith; willingness to participate in sessions. Exclusion criteria: Absence of more than two sessions; having psychological or physical impairment that would prevent regular participation in meetings; lack of cooperation on homework.

#### General information

##### Acronym

MBCT

##### IRCT registration information

IRCT registration number: **IRCT2013011612150N1**

Registration date: **2013-02-28, 1391/12/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-02-28, 1391/12/10

#### Registrant information

##### Name

Fahimeh Yosefian

##### Name of organization / entity

Islamic azad university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 915 500 5617

##### Email address

fm.us1386@gmail.com

#### Recruitment status

##### Recruitment complete

#### Funding source

Researcher

#### Expected recruitment start date

2012-04-08, 1391/01/20

#### Expected recruitment end date

2012-04-20, 1391/02/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Comparative effectiveness of group mindfulness-based cognitive therapy and group cognitive-behavioral therapy on self-esteem of girl students

#### Public title

Comparative effect of mindfulness and cognitive-behavioral on self-esteem

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: girls study in the first degree of high school; Test score below the cut-off point at Cooper Smith; willingness to participate in sessions. Exclusion

criteria: Absence of more than two sessions; having psychological or physical impairment that would prevent regular participation in meetings; lack of cooperation on homework.

#### Age

From **14 years** old to **15 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **45**

#### 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

Islamic Azad university, branch of Torbat Jam

##### Street address

5 kilometer in Mashhad Torbatjam road

##### City

Torbat Jam

##### Postal code

#### Approval date

2012-04-08, 1391/01/20

#### Ethics committee reference number

4517

## Health conditions studied

### 1

#### Description of health condition studied

low self esteem

#### ICD-10 code

Z61.3

#### ICD-10 code description

Events resulting in loss of self-esteem in childhood

## Primary outcomes

### 1

#### Description

self esteem

#### Timepoint

pre intervention and past intervention

#### Method of measurement

coopersmith self esteem scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Including 8 sessions of cognitive behaviour therapy that emphasizes on changing one's thoughts and beliefs.

#### Category

Behavior

### 2

#### Description

No intervention in control group

#### Category

N/A

### 3

#### Description

Including 8 sessions of mindfulness-based cognitive therapy that emphasizes on be on time and non judgement

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Alzahra girls high school

##### Full name of responsible person

##### Street address

##### City

Sarakhs

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Researcher

##### Full name of responsible person

Fahime Yosefian

##### Street address

Islamic azad university of Torbatejam

**City**  
Torbatejam  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Researcher  
**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**  
Islamic Azad university  
**Full name of responsible person**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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fm.us1386@gmail.com  
**Web page address**

## 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*