Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
Fahime Yosefian
Position
MA in clinical psychology
Other areas of specialty/work
Street address
Islamic Azad university of Torbatejam
City
Torbatejam
Postal code
Phone
+98 51 1728 4381
Fax
Email
fm.us1386@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Negar Asgharipur
Position
Phd of clinical psychology
Other areas of specialty/work
Street address
Ebnesina hospital
City
Mashhad
Postal code
Phone
+98 51 1711 2722
Fax
Email
asgharipourn@mums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Islamic azad university
Full name of responsible person
Fahime Yosefian
Position
MA in clinical psychology
Other areas of specialty/work
Street address
Islamic azad university of Torbatejam
City
Torbatjam
Postal code
Phone
+98 51 1728 4381
Fax
Email
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