Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Delevopmental comparison of mindfulness therapy and cognitive behavioral therapy on generalized anxiety of girl students

Protocol summary

Summary

The aim of this study is developmental comparison of mindfulness based cognitive therapy and cognitive behavioral therapy on generalized anxiety of girl students. The present study is a clinical trial. The statistical population includes all third grade female students of public elementary schools and secondary grade female students of public guidance schools in 2012 in Isfahan. After identifying students with generalized anxiety disorder, they were randomly divided into three groups (the students of elementary schools in three groups and students of guidance schools in another three groups). Two groups received cognitive-behavioral and mindfulness based cognitive therapy (MBCT-C) while the control group didn't receive any training. All subjects completed the Pennsylvania State Worry Questionnaire-Child version, Revised Children's Manifest Anxiety Scale, Children's Depression Inventory, before and after the intervention.

General information

Acronym
MBCT-C

IRCT registration information
IRCT registration number: **IRCT2013062013726N1**
Registration date: **2013-12-02, 1392/09/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2013-12-02, 1392/09/11

Registrant information

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Recruitment status
Recruitment complete

Funding source
By researcher

Expected recruitment start date
2013-02-20, 1391/12/02

Expected recruitment end date
2013-03-13, 1391/12/23

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Delevopmental comparison of mindfulness therapy and cognitive behavioral therapy on generalized anxiety of girl students

Public title
Comparative effect of mindfulness and cognitive-behavioral therapy on generalized anxiety disorder

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria : girls is studying in the third degree of elementary school and second degree of guidance school; received a diagnosis of generalized anxiety disorder; willingness to participate in sessions Exclusion criteria: using anti anxiety drugs or other treatment before or during the interventions; absence of more than 4 sessions.

Age
From **9 years** old to **13 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
Isfahan University of Medical Science
Street address
Isfahan-Hezar Jerib Street-Isfahan University of Medical Science
City
Isfahan
Postal code
Approval date
2013-02-20, 1391/12/02
Ethics committee reference number
491009

Health conditions studied

1

Description of health condition studied
Generalized anxiety
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Worry
Timepoint
Before the intervention, After the intervention, 2 months after the intervention
Method of measurement
Pennsylvania State Worry Questionnaire

2

Description
Anxiety
Timepoint
Before the intervention, After the intervention, 2 months after the intervention
Method of measurement
Revised Children’s Manifest Anxiety Scale

3

Description
Depression
Timepoint
Before the intervention, After the intervention, 2 months after the intervention
Method of measurement
Children’s Depression Inventory

Secondary outcomes

empty

Intervention groups

1

Description
Including 12 sessions of mindfulness-based cognitive therapy
Category
Behavior

2

Description
Including 12 sessions of cognitive behaviour therapy
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Elementary schools
Full name of responsible person
Street address
City
Isfahan

2

Recruitment center
Name of recruitment center

Guidance schools
Full name of responsible person
Street address
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Isfahan
Full name of responsible person
Dr. Mohammad Rabbani
Street address
University of Isfahan
City
Isfahan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Isfahan
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
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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