

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 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

Name

Fahimeh Dehghani

Name of organization / entity

University of Isfahan

Country

Iran (Islamic Republic of)

Phone

+98 31 1793 2567

Email address

dehghani@edu.ui.ac.ir

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

Name of organization / entity

University of Isfahan

Full name of responsible person

Fahimeh Dehghani

Position

MA (Phd student)

Other areas of specialty/work

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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