Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of mindfulness based on cognitive therapy, on distress tolerance and dysfunctional attitudes in patients with chronic pulmonary diseases

Protocol summary

Summary

The goal of this study was trying to evaluate the effectiveness of psychotherapy based on mindfulness (which includes facilitation of the experience of stressful physical diseases) on reducing of dysfunctional attitudes and distress tolerance in sample patients. The population is the chronic pulmonary patients of Masih Daneshvari Hospital. This applied study conducts on 30 chronic pulmonary patients (control and experimental group) hospitalized in Massih Daneshvari Hospital. The patients allocate in to control and experimental groups by randomized method. The inclusion criteria includes being more than 18 years old, no history of having psychiatric disease or consuming psychiatric medicines, no history of substance abuse, informed consent of participating in the project and no disturbance of consciousness level. Exclusion criteria includes patients less than 18 years old, history of having psychiatric disease or consuming psychiatric medicines, history of substance abuse, lack of informed consent for participation in the project and disturbance of consciousness level. Just the experimental group received the psychological intervention of mindfulness based on cognitive therapy in 13 sessions of two hours. Both groups evaluate in demographic information, distress tolerance and dysfunctional attitudes before the intervention. Both groups evaluate in distress tolerance and dysfunctional attitudes after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080515405N2**
Registration date: **2015-09-08, 1394/06/17**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2015-09-08, 1394/06/17

Registrant information

Name
Mitra Safa
Name of organization / entity
Massih Daneshvari Hospital
Country
Iran (Islamic Republic of)
Phone
+98 21 2712 2607
Email address
m.safa@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Masih Daneshvari Hospital

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-08-22, 1392/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of mindfulness based on cognitive therapy, on distress tolerance and dysfunctional attitudes in patients with chronic pulmonary diseases

Public title

Effectiveness of mindfulness based on cognitive therapy,

on distress tolerance and dysfunctional attitudes in patients with chronic pulmonary diseases

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion criteria included being more than 18 years old, no history of having psychiatric disease or consuming psychiatric medicines, no history of substance abuse, informed consent of participating in the project and no disturbance of consciousness level. Exclusion criteria included patients less than 18 years old, history of having psychiatric disease or consuming psychiatric medicines, history of substance abuse, lack of informed consent for participation in the project and disturbance of consciousness level.

Age

From **22 years** old to **50 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 of Medical Sciences

Street address

Masih Daneshvari Hospital, Darabad Street, Niavaran Street, Tehran, Iran.

City

Tehran

Postal code

Approval date

2013-04-09, 1392/01/20

Ethics committee reference number

C-92-860

Health conditions studied

1

Description of health condition studied

Pulmonary disease

ICD-10 code

127.9

ICD-10 code description

pulmonary heart disease, unspecified

Primary outcomes

1

Description

Distress Tolerance

Timepoint

4 months

Method of measurement

Distress Tolerance Scale

Secondary outcomes

1

Description

Dysfunctional Attitudes

Timepoint

4 months

Method of measurement

Dysfunctional Attitudes Scale

Intervention groups

1

Description

Intervention Group: Mindfulness Based on Cognitive Therapy

Category

Behavior

2

Description

Control Group: no intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Masih Daneshvari Hospital

Full name of responsible person

Mitra Safa

Street address

Masih Daneshvari Hospital, Darabad Street, Niavaran Street, Tehran.

City

Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Shahid Beheshti University of Medical Sciences,
Full name of responsible person
Dr Zarghi
Street address
Masih Daneshvari Hospital, Darabad Street, Niavaran-Tehran, Iran.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Shahid Beheshti University of Medical Sciences,
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
Masih Daneshvari Hospital
Full name of responsible person
Mitra Safa
Position
Psychiatrist/ Head of psychiatry Unit
Other areas of specialty/work
Street address
Masih Daneshvari Hospital, Darabad Street, Niavaran, Tehran, Iran.
City
Tehran
Postal code
Phone
+98 21 2712 2607
Fax
Email
anahita86@yahoo.com; mitra_safa121@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Masih Daneshvari Hospital
Full name of responsible person
Mitra Safa
Position
Professor of Psychiatry
Other areas of specialty/work
Street address
Masih Daneshvari Hospital, Darabad Street, Niavaran, Tehran, Iran.
City
Tehran
Postal code
Phone
+98 21 2712 2607
Fax
Email
anahita86@yahoo.com; mitra_safa121@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Masih Daneshvari Hospital
Full name of responsible person
Mitra Safa
Position
Head of Psychiatry Unit/Psychiatrist
Other areas of specialty/work
Street address
City
Tehran
Postal code
Phone
00
Fax
Email
anahita86@yahoo.com; mitra_safa121@yahoo.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