

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 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 Masih 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

Massih 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

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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

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**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**

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**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*