

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Mind -fullness therapy (based on cognitive therapy) on irrational beliefs and social appraisal of cancer patients with appearance change: Effectiveness study

Protocol summary

Summary

Objectives: Objectives: This study aims at the effects of mind -fullness therapy (based on cognitive therapy) on cancer patients with appearance change (such as changing in face, cutting body, sever alopecia) and studying the efficacy of this treatment on the irrational beliefs and social appraisal and comparing the results to those of control group. **Design:** This study is a semi-experimental research based on pre-test and post-test with a control group. Research population consists of all cancer patients with appearance change. From the above-mentioned population, 40 subjects have been selected through available non-random sampling. **Execution:** Subjects are divided into two experimental and control groups in a random manner. Then, subjects in the experimental group are being trained for “mind -fullness therapy” in 8 sessions. Subjects in control group will not receive any training. **Criteria for Entrance to and Exit from the Study:** Diagnosis of breast cancer in the subjects, visible physical appearance change during cancer treatment (such as changing in face, cutting body, sever alopecia) and their high education are of criteria for entering into the study. accompanied diseases (such as diabetes), Lack of knowledge regarding the disease and lack of inclination of patients for attending at intervention sessions are of criteria for exiting from the study. **Interventions:** Subjects in both experimental and control groups will be initially tested using measuring tools for irrational beliefs and social appraisal. Then, subjects in the experimental group are being trained for “mind -fullness therapy” and will be post-tested for the extent of change in irrational beliefs and social appraisal (elementary consequent variable) and compared to those in control group

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014040815590N2**

Registration date: **2014-04-21, 1393/02/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-04-21, 1393/02/01

Registrant information

Name

Mansoor Beyrami

Name of organization / entity

Tabriz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Hematology and Oncology Research Center, Tabriz University of Medical Sciences

Expected recruitment start date

2014-04-05, 1393/01/16

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Mind -fullness therapy (based on cognitive therapy) on irrational beliefs and social appraisal of cancer patients with appearance change: Effectiveness study

Public title

Mind-fullness therapy on cancer patients with appearance change: Effectiveness study

Purpose

Health service research

Inclusion/Exclusion criteria

Diagnosis of breast cancer in the subjects, visible physical appearance change during cancer treatment (such as changing in face, cutting body, sever alopecia) and their high education are of the criteria for entering into the study. Exclusion criteria: accompanied diseases (such as diabetes); lack of knowledge regarding the disease and lack of inclination of patients for attending at intervention sessions.

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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**

Ethics committee of Tabriz University of Medical Sciences

Street address

2th office, First Floor, Ghazi Hospital, Tabriz University, Golghasht Street

City

Tabriz

Postal code**Approval date**

2014-04-19, 1393/01/30

Ethics committee reference number

9310

Health conditions studied**1****Description of health condition studied**

Amputation leg

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Alopecia

ICD-10 code

L64.0

ICD-10 code description

Drug-induced androgenic alopecia

3**Description of health condition studied**

Amputation of hand

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Social appraisal

Timepoint

before and after treatment

Method of measurement

Self talk Scale

2**Description**

Irrational beliefs

Timepoint

before and after treatment

Method of measurement

Irrational Beliefs Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Experiment group will intervened with mind-fullness program in 8 sessions. The component of intervention is: Knowing about cancer , Relaxation, coping with irrational

beliefs and replacing Positive thoughts.

Category

Behavior

2

Description

Control group do not receipt any treatment program

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hematology and Oncology Research Center, Tabriz
University of Medical Sciences, Tabriz, Iran

Full name of responsible person

Street address

1rth office, First Floor, Ghazi Hospital, Tabriz
University of Medical Sciences, Golghasht Street

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Hematology and
Oncology Research , Tabriz University of Medical
Scienc

Full name of responsible person

Jamal Eyvazi

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3rth office, First Floor, Ghazi Hospital, Tabriz
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Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Hematology and Oncology
Research , Tabriz University of Medical Scienc

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

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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*