

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The comparison of Transcranial direct current stimulation (tDCS) and Mindfulness-based cognitive therapy (MBCT) effectiveness on food craving reduction in obese people

Protocol summary

Summary

The present study is a Randomized clinical trial. The aim of the present study is comparing the effectiveness of transcranial direct current stimulation (tDCS) and Mindfulness-based cognitive therapy (MBCT) in the reduction of food craving in obese individuals. Participants will be all obese patients referring to the Obesity Clinic in Rasoul Akram Hospital in Tehran. According to the inclusion Criteria, 45 individuals will be selected through available sampling method and they will be divided into 3 groups (tDCS, MBCT and control groups) of 15 subjects through lottery. To this end, three sample members are selected from each sample based on gender, age, type of treatment, and ... most similarities in each draw stage (which will continue to be completed by all sample members). The names of these three are dumped in a container and a name is accidentally selected from the dish. Then, to determine the intervention method, the intervention method (tDCS, MBCT, and control) is selected from a different container in a random manner. Through the use of the no-go choice method at each lottery stage, the distribution of members in the three groups will be the same. The intervention group 1 will be treated with DLPFC cathode left / anodic right tDCS stimulation, receiving through ten 20-minute sessions DLPFC cathode left / anodic right stimulation over 4 weeks, and the intervention group 2 will be treated based on cognitive-based Mindfulness Therapy (MBCT), through 8 sessions during 8 weeks, and the control group will receive only the basic treatment plan of the clinic. Primary outcome measure is a Food Craving and secondary outcome measure is eating style.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052019855N2**

Registration date: **2017-09-14, 1396/06/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-14, 1396/06/23

Registrant information

Name

Samira Masumian

Name of organization / entity

Tehran Psychiatry Institute

Country

Iran (Islamic Republic of)

Phone

+98 21 3349 6990

Email address

samira.masumian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Faculty of Behavioral Sciences of Iran University of Medical Sciences

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-08-20, 1396/05/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of Transcranial direct current stimulation (tDCS) and Mindfulness-based cognitive therapy (MBCT) effectiveness on food craving reduction in obese people

Public title

The comparison of Transcranial direct current stimulation (tDCS) and Mindfulness-based cognitive therapy (MBCT) effectiveness in obese individuals

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Age range of 20 to 50 years; no chronic medical disorders; no change in baseline therapy during 2 months of research.

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features

Subjects will be randomly assigned to three groups: • The group treated with tDCS • The group treated with MBCT • Control group (under the base treatment)

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Iran University of Medical Sciences

Street address

Faculty of Behavioral Sciences and Mental Health, Mansori street, Sattarkhan street

City

Tehran

Postal code**Approval date**

2017-03-26, 1396/01/06

Ethics committee reference number

IR.IUMS.REC 1395.95-04-185-29896

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

Obesity

ICD-10 code

E66

ICD-10 code description

Obesity

Primary outcomes**1****Description**

Food Craving

Timepoint

4 weeks following end of the treatments

Method of measurement

Food Craving Questionnaire (FCQ)

Secondary outcomes

empty

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

The patients in tDCS group will receive left cathode / right Anode DLPFC through ten 20-minute sessions during 4 weeks.

Category

Behavior

2**Description**

Intervention group 2: MBCT was delivered in groups of 8-12 participants and consisted of eight weekly sessions of 2.5 h plus one day of silent practice between the 6th and 7th session. The training included both formal meditation exercises (i.e. body scan, sitting meditation, walking meditation and yoga), and informal exercises (i.e. bringing present-moment awareness to everyday activities). Cognitive-behavioral techniques included education, monitoring and scheduling of activities, identification of negative automatic thoughts and devising a relapse prevention.

Category

Behavior

3**Description**

Control group: This group will receive the usual program of obesity clinic.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Obesity Clinic

Full name of responsible person

Samira Masumian

Street address

Obesity Clinic, Next to Rasoul hospital, Sattarkhan street

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

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Position

PhD candidate in Clinical Psychology

Other areas of specialty/work

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Faculty of Behavioral
Sciences of Iran University of Medical Science

Full name of responsible person

Dr Malakoti

Street address

Faculty of Behavioral Sciences and Mental Health,
Next to Rasoul hospital, Sattarkhan street

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 research of Faculty of Behavioral
Sciences of Iran University of Medical Science

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

Iran University of Medical Sciences

Full name of responsible person

Samira Masumian

Position

PhD candidate in Clinical Psychology

Other areas of specialty/work

Street address

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Person responsible for updating data

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Full name of responsible person

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Position

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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