

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### Effectiveness of Mindfulness-based cognitive therapy group Training in Reducing Anxiety and Meta-worry of Women having repeated spontaneous abortion

#### Protocol summary

##### Summary

This study was performed to determine the role of mindfulness training in reducing anxiety and meta worry in women with repeated abortion .Inclusion criteria: having repeated spontaneous abortion, a minimum age of 25 years, having at least high school education. The population of women who have the problem of abortion is in health centers of Tehran who among them according to the age features, and lack of personality problems, 40 persons were purposefully selected and randomly assigned to experimental and control groups. Anxiety and meta worry before and after mindfulness training were measured by using the scales of Wales (2000) anxiety and meta worry.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015051320961N4**

Registration date: **2015-07-17, 1394/04/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-07-17, 1394/04/26

##### Registrant information

##### Name

Sheida Sharifi Saki

##### Name of organization / entity

Payamnoor University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8837 2732

##### Email address

sheidasharifi1348@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Payamnoor University

##### Expected recruitment start date

2014-12-31, 1393/10/10

##### Expected recruitment end date

2015-02-20, 1393/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of Mindfulness-based cognitive therapy group Training in Reducing Anxiety and Meta-worry of Women having repeated spontaneous abortion

##### Public title

Effectiveness of Mindfulness-based cognitive therapy group Training in Reducing Anxiety and Meta-worry of Women having repeated spontaneous abortion

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

inclusion criteria: having repeated spontaneous abortion ; minimum age 25 years; and at least diploma education

##### Age

From **25 years** old to **40 years** old

##### Gender

Female

##### 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

Payamnoor University

##### Street address

Payamnoor University, Mahmoud Norian St, North Dibaghi St, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2010-09-23, 1389/07/01

#### Ethics committee reference number

71096/D

## Health conditions studied

### 1

#### Description of health condition studied

Abortion Several Times

#### ICD-10 code

O00-O08

#### ICD-10 code description

Pregnancy with abortive outcome

## Primary outcomes

### 1

#### Description

Anxiety and Meta-worry

#### Timepoint

pre-post test

#### Method of measurement

Cattel anxiety Scale and Wells meta- worry

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The intervention group received eight sessions of training mindfulness therapy that included targeted education of first to fourth session for women with repeated abortion, learning to deal with the subject matter and do daily activities during the MINDFULNESS. These interventions include training in focused attention on a specific stimulus such as breathing, feelings of body was concentrated over a specific time period.. In addition familiarity with wanderer mind and its control by using techniques of mindfulness, was another objectives of the meetings. In this context, the main techniques were taught in mindfulness-based , including mindfulness of body feeling , practicing of physical inspection, mindfulness of breathing, body, sounds and objects, mindfulness of daily activities, exercise of looking or listening to five minutes and mindfulness of mental events (focus on thoughts as irrational beliefs, focus on the emotions as experience of the anxiety caused by irrational belief and mental images, and finally learn how anxiety and worry influence on daily treatment by different exercise). Participants by using the above techniques, found a chance by thought focus and impulse control, to identify the stress of different members of their bodies and experience them. The purpose of fifth to eighth sessions was awareness of thoughts and feelings and accepting them. Also being aware of warning signs, as well as small changes of mood and anxiety were another objectives of the meeting. In the fifth to eighth sessions, while continuing the review of previous practice, other techniques, such as mindfulness training related mood, thoughts, attitudes, thought and feelings practice, pleasant and unpleasant events calendar were taught.

#### Category

Behavior

### 2

#### Description

control group not received training

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Health Centers in Tehran

##### Full name of responsible person

Sheida Sharifi Saki

##### Street address

Shaghayegh Bldg, blvd Darya, Gharb Town

**City**

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Payamnoor University of Tehran

**Full name of responsible person**

Dr. Alireza Aghayousefi

**Street address**

Payamnoor University, Mahmoud Norian St, North  
Dibaghi St, Tehran

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Payamnoor University of Tehran

**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**

Payamnoor University

**Full name of responsible person**

Sheida Sharifi Saki

**Position**

PhD Student

**Other areas of specialty/work**

**Street address**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*