

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

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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