

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Mindfulness-Based Group Therapy in Relapse Prevention of Methamphetamine- Addicted Males

Protocol summary

Study aim

Design

Settings and conduct

Participants/Inclusion and exclusion criteria

Intervention groups

Main outcome variables

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2017-08-23, 1396/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150413021727N2**

Registration date: **2017-11-28, 1396/09/07**

Registration timing: **retrospective**

Last update: **2017-11-28, 1396/09/07**

Update count: **0**

Registration date

2017-11-28, 1396/09/07

Registrant information

Name

Zahra Gholami

Name of organization / entity

Islamic Azad University of Torbat-e-Jam.

Country

Iran (Islamic Republic of)

Phone

+98 51 5251 0552

Email address

zahragholami014@gmail.com

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Torbat-e-Jam

Scientific title

The Effectiveness of Mindfulness-Based Group Therapy in Relapse Prevention of Methamphetamine- Addicted Males

Public title

The Effect of Mindfulness-Based Group Therapy in Relapse Prevention of Methamphetamine-Addicted Males

Purpose

Treatment

Inclusion/Exclusion criteria

Age

From **18 years** old to **50 years** old

Gender

Male

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
Subjects will be assigned to experimental and control groups randomly: With the aid of Random Numbers Table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic Committee of Islamic Azad University of Torbat-e-Jam

Street address

7 km to Torbat-e-Jam, Mashhad road

City

Torbat-e-Jam

Postal code

Approval date

2017-07-11, 1396/04/20

Ethics committee reference number

11820701911029

Health conditions studied

1

Description of health condition studied

Substance dependence

ICD-10 code

Y49.7

ICD-10 code description

Psychostimulants with abuse potential

Primary outcomes

1

Description

Tendency towards taking drugs

Timepoint

Before and after the treatment

Method of measurement

Relaps Prediction Scale (RPS)

2

Description

Probability of taking drugs

Timepoint

Before and after the treatment

Method of measurement

Relaps Prediction Scale (RPS)

3

Description

Relapse

Timepoint

Before and after the treatment

Method of measurement

Relaps Prediction Scale (RPS)

4

Description

Depression

Timepoint

Before and after the treatment

Method of measurement

Beck Depression Inventory -2th ed. (BDI-11)

5

Description

Client Satisfaction

Timepoint

Before and after the treatment

Method of measurement

Client Satisfaction Questionnaire (CSQ)

6

Description

Clinical Global Impressions

Timepoint

Before and after the treatment

Method of measurement

Clinical Global Impressions (CGI)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The Intervention group will attend mindfulness-based group therapy in relapse prevention sessions for 5 weeks (9 sessions of one hour). In general, the treatment plan for this group will be to assess previous session homework, to le

Category

Behavior

2

Description

Control group: The control group simultaneously (9 one-hour sessions for 5 weeks) will continue Center's usual care plan of the group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Pooyandegan Hasti Addiction Treatment Center

Full name of responsible person

Kamran Tavassoli

Street address

Toos65, Mashhad.

City

Mashhad.

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University of Torbat-e-Jam

Full name of responsible person

Dr. Mohammad Hossein Bayyazi

Street address

7 km to Torbat-e-Jam, Mashhad road

City

Torbat-e-Jam

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, Islamic Azad University of Torbat-e-Jam

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

Islamic Azad University of Torbat-e-Jam

Full name of responsible person

Zahra Gholami

Position

Master of Clinical Psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hakim Sabzevari University

Full name of responsible person

Hossein Shareh

Position

Prof. of Clinical Psychology

Other areas of specialty/work

Street address

Tohid Shahr Street, Sabzevar.

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Person responsible for updating data

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Position

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Other areas of specialty/work

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Email

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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