

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of high school female students with test anxiety

Protocol summary

Summary

(1) Objectives: The aim of this study is to examine the Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of female students with test anxiety. (2) Design: General plan of this study is consisted of experimental pre-test and post-test with follow-up period. (3) Setting and conduct: The study population were 50 female secondary school students, who obtain higher than 13 score in Sarason Test Anxiety Inventory(TAS), and they did not receive any treatment in the last month. Then these people were randomly divided into two groups: experimental(Mindfulness-based stress reduction) and control group. Each group were completed Hill's Perfectionism Inventory(HPI) and Cognitive Emotion Regulation (CERQ) and Connor-Davidson Resilience scale(CD-RS); as a pre-test, post-test and three months after the completion of their intervention. (4) The main conditions of inclusion and exclusion criteria of participants: Inclusion criteria: Female high school students, The average anxiety score in Sarason test anxiety (score above 13). Exclusion criteria: The other diagnostic criteria on axis I, Absence of more than three days in treatment. (5) Interventions: Mindfulness-based stress reduction is designed at 8 weekly 2-hour session. Control group do not receive any psychotherapy. (6) Main outcome measures: In this study the main variables are test anxiety, perfectionism, emotional regulation and resiliency.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061122657N1**

Registration date: **2016-01-15, 1394/10/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-01-15, 1394/10/25

Registrant information

Name

Shokooh Shahidi

Name of organization / entity

Kashan University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 31 5554 0021

Email address

shahidi-sh@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Expected recruitment start date

2015-12-21, 1394/09/30

Expected recruitment end date

2016-02-19, 1394/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of high school female students with test anxiety

Public title

The impact of mindfulness on perfectionism, emotion regulation and anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1) Female high school students; 2) Willingness to participate in treatment; 3. The average anxiety score in Sarason test anxiety (score above 13).
Exclusion criteria: 1) The other diagnostic criteria on axis I; 2) Absence of more than three days in treatment; 3) History of psychological and pharmacological interventions to reduce anxiety during the past month.

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Randomization in this plan is by table of random numbers.

Secondary Ids

empty

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

Ethics committee of Kashan University of Medical Sciences and Health Services

Street address

Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan, Iran

City

kashan

Postal code

8715988141

Approval date

2015-08-29, 1394/06/07

Ethics committee reference number

IR.KAUMS.REC1394.56

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

test anxiety

ICD-10 code

F40.1

ICD-10 code description

Fear of scrutiny by other people leading to avoidance of social situations. More pervasive social phobias are usually associated with low self-esteem and fear of criticism. They may present as a complaint of blushing, hand tremor, nausea, or urgency of mi

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

Test anxiety

Timepoint

before intervention, After intervention, 3 month after intervention

Method of measurement

Test Anxiety Sarason(TAS)

2**Description**

Perfectionism

Timepoint

Before intervention, After intervention, 3 month after intervention

Method of measurement

Hill's Perfectionism Inventory(HPI)

3**Description**

Emotion Regulation

Timepoint

Before intervention, After intervention, 3 month after intervention

Method of measurement

Cognitive Emotion Regulation Questionnaire(CERQ)

4**Description**

Resiliency

Timepoint

before intervention, After intervention, 3 month after intervention

Method of measurement

Connor-Davidson Resilience scale(CD-RS)

Secondary outcomes

empty

Intervention groups

1

Description

Mindfulness Based Stress Reduction; 8 sessions; 2 hours, intervention group

Category

Behavior

2

Description

No action , control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Non-government Hanan High school

Full name of responsible person

Zahra Montaseri

Street address

Golpayegan- St. Ayatollah Golpayegani - Alley 16

City

Golpayegan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Full name of responsible person

Dr Qolam Ali Hamidi

Street address

Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan

City

Kashan

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 Kashan University of Medical Sciences and Health Services

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

Kashan University of Medical Sciences and Health Services

Full name of responsible person

Shokooh Shahidi

Position

M.Sc Candidate in Clinical Psychology

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