

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 2026

The effectiveness of mindfulness based cognitive therapy on craving, rumination and relapse prevention for heroin abusers treating with methadone

Protocol summary

Summary

Aim: The main aim of the present research is to find the effectiveness of Mindfulness Based Cognitive Therapy (MBCT) on craving, rumination and relapse prevention for heroin abusers treating with methadone. The present study was a clinical trial including pre and post-tests as well as two months follow-up phases. All subjects were selected from a main population which referred to a treatment Center in the city of Arak. From those, 36 patients with heroin abusers treating with methadone and without acute mental disorder were randomly selected and divided into two the two control (N= 20) and experimental groups (N= 16). All subjects were requested to fill in The Obsessive Compulsive Drug Use Scale (OCDUS) and Ruminative response scale (RRS) in the pre and post-tests as well as in the follow-up phases. Then, The MBCT program were conducted for the experimental group (eight sessions) while the control group has not received it.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061522749N1**

Registration date: **2015-06-29, 1394/04/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-06-29, 1394/04/08

Registrant information

Name

Ali Haghazari

Name of organization / entity

Baqiyatallah University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 21 8894 6219

Email address

ali91haghazari@gmail.com

Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Science

Expected recruitment start date

2012-03-20, 1391/01/01

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness based cognitive therapy on craving, rumination and relapse prevention for heroin abusers treating with methadone

Public title

The effectiveness of mindfulness on addiction

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: heroin abuser; treating with methadone exclusion criteria: acute mental disorder

Age

From **20 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 36

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

Baqiyatallah University of Medical Science

Street address

Sheykh bahayi st, Molla sadra st, Tehran, Iran

City

Tehran

Postal code

Approval date

2015-04-28, 1394/02/08

Ethics committee reference number

IR.BMSU.REC.1394.72

Health conditions studied

1

Description of health condition studied

addiction

ICD-10 code

f55

ICD-10 code description

abuse of non-dependence-producing substances

Primary outcomes

1

Description

Craving and Rumination

Timepoint

befor, after and 2 months follow up

Method of measurement

Craving and Rumination Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Control group: don't received any intervention

Category

N/A

2

Description

Experimental group: Mindfulness Based Cognitive Therapy (MBCT)

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Methadone maintenance therapy center

Full name of responsible person

Ali Haghazari

Street address

Baqiyatallah University of Medical Science

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiyatallah University of Medical Science

Full name of responsible person

Mrs Dr Naderi

Street address

Sheykh bahayi st, Molla sadra st, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Baqiyatallah 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

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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