Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 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 coduvted 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 Haghnazari

Name of organization / entity

Baqiyatallah University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 21 8894 6219

Email address

ali91haghnazari@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 Haghnazari
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

Name of organization / entity

Baqiyatallah University of Medical Science

Full name of responsible person

Ali Haghnazari

Position

student

Other areas of specialty/work

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Position

Master of Science

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