Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of mindfulness-based cognitive therapy (MBCT) on depression, anxiety and somatic symptoms in asthma patients.

Protocol summary

Summary

Objectives: This study aims at investigating the effectiveness of mindfulness-based cognitive therapy on asthma patient's depression, anxiety, and somatic symptoms at Isfahan. Design: This is a pretest- post test experimental study. Methods: A sample of 30 asthma patients will be recruited. Patients will be randomly allocated to either the experimental or the control groups. The patients in the experimental group will receive mindfulness-based cognitive therapy while the patients in the control group will receive no intervention. Study instruments include the Beck Anxiety Inventory, the Beck Depression Inventory and Asthma Quality of Life Questionnaire. These instruments will be completed before, immediately after. Inclusion criteria: women that having an age of 18–55 years, education high school to up, and are patient for at least one year. Exclusion criteria: having any psychotic or somatic disorder and being absent for two session. Intervention: The intervention of this study is a mindfulness-based cognitive therapy which includes 8 two-hour sessions that hold weekly. Primary outcomes: The primary outcomes are depression, anxiety, and somatic symptom.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061622770N1**
Registration date: **2015-12-06, 1394/09/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-12-06, 1394/09/15

Registrant information

Name

Ŝhaghayegh Kahrizi

Name of organization / entity

Shiraz University

Country

Iran (Islamic Republic of)

Phone

+98 913 108 7335

Email address

kahrizi-1364@shirazu.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-07-11, 1394/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness-based cognitive therapy (MBCT) on depression, anxiety and somatic symptoms in asthma patients.

Public title

The effectiveness of mindfulness-based cognitive therapy (MBCT) on depression, anxiety and somatic symptoms in asthma patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: having asthma at least one year; education high school to top; women age 18-55; medical

treatment is ongoing Exclusion criteria:having any psychotic or somatic disorder ; being absent for two session

Age
From **18 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
randomized be done by closed envelops method

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic committee of Shiraz University of Medical Sciences

Street address
Shiraz

City
Shiraz

Postal code

Approval date
2015-11-01, 1394/08/10

Ethics committee reference number
IR.SUMS.REC.134

Health conditions studied

1

Description of health condition studied
Asthma

ICD-10 code
J45.9

ICD-10 code description
Asthma,unspecified

Primary outcomes

1

Description
Anxiety

Timepoint
Preintervention,Postintervention

Method of measurement
Beck Anxiety Invetory (BAI)

2

Description
Depression

Timepoint
Preintervention,Postintervention

Method of measurement
Beck Depression Inventory (BDI-II)

3

Description
Somatic Symptoms

Timepoint
Preintervention,Postintervention

Method of measurement
Asthma Quality of Life Questionnaire (AQLQ)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Minfulness -Based Cognitive Therapy(MBCT) is be done on intervention group for 8 session that takes 2 hour weekly.

Category
Behavior

2

Description
Control group: control group is placed on waiting list and not be received any intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Dr ghasemi asthma clinic

Full name of responsible person
Dr.Ramin Ghasemi

Street address

block A; Ajhand center; Amadegah

City

Isfahan

2

Recruitment center

Name of recruitment center

Isabne Maryam hospital

Full name of responsible person

Dr.Ramin Ghasemi

Street address

Shamsabadi street

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Shaghayegh Kahrizi

Street address

Padide apartment, north Esteghlal street, Mardavij

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Shiraz University

Full name of responsible person

Shaghayegh Kahrizi

Position

Clinical Psychology M.A

Other areas of specialty/work

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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