

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effectiveness of Mindfulness Therapy on Self-regulation, Affective control and Perceived Stress in Methamphetamine Addicts

Protocol summary

Summary

The purpose of this study is survey for the effectiveness of Mindfulness therapy on self-regulation, affective control and perceived stress among Methamphetamine addicts. Inclusion criteria are being male, being in the age range of 20 to 39 years, and being educated. Exclusion criteria are suffering from psychotic disorders, bipolar or dissociation disorders, or a severe somatic disease. The sample of this study is made of 90 addicts who will be placed in three groups: 30 addicts in experimental group, 30 addicts in the first control group and also, 30 addicts in the second control group. In the pre-test, it will use all of questionnaires. Then, it will administer Mindfulness intervention for experimental group for 12 sessions during the six months. And during this study, control groups won't have any interventions. Finally, it will use post-test to be aware of the effectiveness of independent variable on dependent variables. Therefore, it seems that by using Mindfulness therapy on Methamphetamine addicts, their self-regulation and affective control will be increased, and their perceived stress will be decreased.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015121925603N1**

Registration date: **2016-03-18, 1394/12/28**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-18, 1394/12/28

Registrant information

Name

Kolsum Tayyebi

Name of organization / entity

Qom University of Medical Science and Health

Country

Iran (Islamic Republic of)

Phone

+98 25 3783 6396

Email address

psyk13t@yahoo.com

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Mindfulness Therapy on Self-regulation, Affective control and Perceived Stress in Methamphetamine Addicts

Public title

The Effectiveness of Mindfulness Therapy on the Methamphetamine Addicts

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being male; being in the age range of 20 to 39 years; being educated. Exclusion criteria: suffering from psychotic disorders; bipolar or dissociation disorders; or a severe somatic disease.

Age

From **20 years** old to **39 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Qom University of Medical Sciences

Street address

Number 83, Alley 4, Avenue 1, Safa Shar Street

City

Qom

Postal code

Approval date

2015-12-20, 1394/09/29

Ethics committee reference number

IR.MUQ.REC.1394.122

Health conditions studied

1

Description of health condition studied

Methamphetamine

ICD-10 code

T43.6

ICD-10 code description

Psychostimulants with abuse potential

2

Description of health condition studied

Addiction

ICD-10 code

F15

ICD-10 code description

Mental and behavioural disorders due to use of other stimulants, including caffeine

Primary outcomes

1

Description

increasing the affective control

Timepoint

7 days

Method of measurement

questionnaire

2

Description

increasing the self-regulation

Timepoint

7 days

Method of measurement

questionnaire

3

Description

decreasing the perceived stress

Timepoint

7 days

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

This study is analytical-interventional which it use pre-test & post-test design with the three groups. The interventional group is a group that receive Mindfulness therapy.

Category

Behavior

2

Description

Another control group is a group that people are present like intervention group but they just discuss about social issues to be clear changes is related to being with psychotherapist or is as a result of Mindfulness therapy.

Category

Behavior

3

Description

Control group is a group that don't receive any intervention, just taking part for filling in the questionnaires sections.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Quitting Addiction Centers

Full name of responsible person

Kolsum Tayyebi

Street address

Qom University of Medical Science

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Science

Full name of responsible person

Dr. Maleki

Street address

Qom University of Medical science, Saheli Street

City

Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom 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

Qom University of Medical science and Health services

Full name of responsible person

Valiollah Akbari

Position

Psychiatrist

Other areas of specialty/work

Street address

Qom University of Medical science and Health Services, Shahid Lavasani St.

City

Qom

Postal code

Phone

+98 25 3772 6290

Fax

Email

Voakbari@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Qom University of Medical science and Health Services

Full name of responsible person

Kolsum Tayyebi

Position

M.A. in clinical psychology

Other areas of specialty/work

Street address

Qom University of Medical science and Health Services, Shahid Lavasani Street

City

Qom

Postal code

3713649373

Phone

+98 25 3783 6396

Fax

Email

psyk13t@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Qom University of Medical Science and Health Services

Full name of responsible person

Kolsum Tayyebi

Position

M.A. in Clinical Psychology

Other areas of specialty/work

Street address

Qom University of Medical Science and Health Services, Shahid Lavasani Street

City

Qom

Postal code

3713649373

Phone

+98 25 3772 6290

Fax

Email

psyk13t@yahoo.com

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