Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effectiveness of mindfulness-based therapy on reducing Symptoms and increasing mindfulness in adolescents with Attention Deficit–Hyperactivity disorder

Protocol summary

Summary

This research aims to investigate the effect of mindfulness based treatment on decrease of the symptoms of attention deficit hyperactivity disorder and increase of mindfulness of adolescent suffering from ADHD. The present research is a quasi-experimental research with pretest- posttest design and control group. Sample size of the research included 30 female high school students of first and second periods in Gonabad who were suffering from attention deficit hyperactivity disorder. Subjects were randomly assigned to the experimental and control groups. Inclusion criteria were included education students in regular schools and exclusion criteria were consisted of the simultaneous existence of other psychological disorders in the subjects. The tools which were used in the research included clinical interview, SNAP-IV Parent Rating Scale and mindfulness questionnaire. Subjects in the control and experimental group completed the questionnaire related to signs of attention deficit / hyperactivity disorders and mindfulness variables on pretest and post-test stages. Experimental group received eight 90-minute sessions of mindfulness based treatments and control group was assigned to a waiting list.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011826079N1**
Registration date: **2016-05-04, 1395/02/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-05-04, 1395/02/15

Registrant information

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Recruitment status

Recruitment complete

Funding source

investigator

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2013-11-22, 1392/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of mindfulness-based therapy on reducing Symptoms and increasing mindfulness in adolescents with Attention Deficit–Hyperactivity disorder

Public title

Treatment of Attention Deficit / Hyperactivity disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being female, being between the ages of 12 and 18 years, being students in public and normal

schools Exclusion criteria: having a mental disorder at the same time, not being at the same time under psychological treatment, lack of parental divorce

Age
From **12 years** old to **18 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
Single

Other design features
Participants randomly assigned to experimental and control groups by putting names of all people in a dish and draw was conducted in a way .

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Ferdowsi University of Mashhad

Street address
Azadi Square

City
Mashhad

Postal code

Approval date
2013-10-09, 1392/07/17

Ethics committee reference number
551

Health conditions studied

1

Description of health condition studied
Attention Deficit Hyperactivity disorder

ICD-10 code
F90.0

ICD-10 code description
Disturbance of activity and attention

Primary outcomes

1

Description
Symptoms of ADHD disorder

Timepoint
Before the intervention, two months after the intervention

Method of measurement
ADHD symptoms were measured with a questionnaire Snap.

2

Description
Mindfulness

Timepoint
Before the intervention, two months after the intervention

Method of measurement
Mindfulness variable was measured with mindfulness questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description
The type of intervention in experimental group was a psychological intervention as Mindfulness-based therapy Which was conducted in eight two-hours sessions. The experimental group during sessions In addition to getting to know the nature of the disorder and the effectiveness logic of intervention on reducing symptoms, they became aware of the mindfulness fundamental attitudes and how to strengthen it. In more sessions was paid to formal mindfulness such as breathing meditation and informal exercises such as eating with mindfulness.

Category
Behavior

2

Description
The control group had no kind of intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
The second period of Hazrat Zeinab high school

Full name of responsible person
Marzie Nasiri

Street address
Imam Khomeini 17 St.
City
Gonabad

2

Recruitment center
Name of recruitment center
The first period of Esteghlal high school
Full name of responsible person
Amene Samadi
Street address
Imam Khomeini 11 St.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
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Faculty of psychology and educational sciences, Ferdowsi University of Mashhad, Azadi square
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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

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Person responsible for updating data

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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