

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 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

##### Name

Zeinab Abdolazadeh

##### Name of organization / entity

Ferdowsi University of Mashhad

##### Country

Iran (Islamic Republic of)

##### Phone

+98 915 533 8771

##### Email address

abdolazadeh@stu.um.ac.ir

#### 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.

**City**

Gonabad

**Sponsors / Funding sources**

1

**Sponsor****Name of organization / entity**

investigator

**Full name of responsible person**

Abdolahzadeh

**Street address**

Faculty of psychology and educational sciences,  
Ferdowsi University of Mashhad, Azadi square

**City**

Mashhad

**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**

Ferdowsi University of Mashhad

**Full name of responsible person**

Zeinab Abdolahzadeh

**Position**

PhD student of psychology

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**Position**

Associate Professor of Psychology Department

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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*