

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

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Email address

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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.

City

Gonabad

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

investigator

Full name of responsible person

Abdolahzadeh

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Faculty of psychology and educational sciences,
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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**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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Ferdowsi University of Mashhad

Full name of responsible person

ali mashhadi

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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