

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Effectiveness of mindfulness-based stress reduction on Perceived Stress and blood pressure in hypertension

Protocol summary

Summary

The present study is aimed to investigate the effectiveness of mindfulness-based stress reduction (MBSR) on perceived stress and blood pressure of patients suffering from high blood pressure. The research has a pretest-posttest quasi-experimental design. The research population consists of all patients with high blood pressure, among whom 30 participants were selected using the convenience sampling method. Then, they were randomly divided into two experimental and control groups (each with 15 participants). The inclusion criteria were suffering from high blood pressure, diagnosed by a cardiologist, being in the age range of 30 to 50 years old, being female, and not suffering from any physical and psychological disorder. The experimental group received 8 mindfulness-based stress reduction treatment sessions by a clinical psychologist. The study included two phases of pretest and posttest. The process of assessment in the present research was conducted by a trained assessor.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070126600N1**

Registration date: **2016-07-01, 1395/04/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-01, 1395/04/11

Registrant information

Name

Elahe khosravi

Name of organization / entity

Islamic Azad Najafabad

Country

Iran (Islamic Republic of)

Phone

+98 31 3651 5394

Email address

ghorbani_psyc@pnu.according.ir

Recruitment status

Recruitment complete

Funding source

My self

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-08-21, 1393/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of mindfulness-based stress reduction on Perceived Stress and blood pressure in hypertension

Public title

Effectiveness of mindfulness-based stress reduction on Perceived Stress and blood pressure in high blood pressure patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female patient 30 to 50 having primary blood pressure systolic (140-180) and diastolic (90-110).
Exclusion criteria: without special illness that need medication or a special diet such as Diabetes, the absence of more than two sessions..

Age

From **30 years** old to **50 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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Najafabad Islamic Azad University Ethics Committee

Street address

Islamic Azad University, Najafabad, Esfahan.

City

Najafabad

Postal code

Approval date

2015-12-13, 1394/09/22

Ethics committee reference number

IR.MUI.REC.1394.4-414

Health conditions studied

1

Description of health condition studied

High blood pressure

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Perceived Stress

Timepoint

Before and two month after intervention

Method of measurement

Cohen perceived stress questionnaire

2

Description

Blood pressure

Timepoint

Before and two month after intervention

Method of measurement

Mercury tonometer

Secondary outcomes

1

Description

Persons motivation to continue the treatment

Timepoint

Before and two month after starting the intervention

Method of measurement

Intervention

Intervention groups

1

Description

Control group: do not receive any training

Category

Treatment - Other

2

Description

Intervention group: Experimental group received eight weekly session MBSR treatment, each session was 45 minutes. First session: Referrals and familiarity with member of the group-Express the concept of stress and their effect on blood pressure. Disease-providing treatment and pre-test logic and techniques eat raisins. Session Two: Presentation scan exercise - any sitting meditation exercise. Third session: Seeing and hearing training exercise. Session Four: Along with breathing meditation - body sounds and thoughts. Fifth Session: Sitting meditation - stress management training. Sixth Session: three-minute breathing space training-practice people think-meditation exercise. Seventh session: analytical meditation Four dimensional meditation - awareness training to alert the moment - Analysis of life events. Eighth Session: Body scan-practice three-minute breathing space- talk about coping with training.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Torkan Heart Clinic.

Full name of responsible person

Street address

Shariati Avenue, Esfahan.

City

Esfahan

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

Najafabad Islamic Azad University

Full name of responsible person

Elahe khosravi

Street address

Islamic Azad University, Najafabad, Esfahan.

City

Najafabad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Najafabad Islamic Azad University

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**

Najafabad Islamic Azad University

Full name of responsible person

Elahe khosravi

Position

MA

Other areas of specialty/work**Street address**

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E_kh1980@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

PNU Najafabad Branch

Full name of responsible person

Maryam Ghorbani

Position

P.H.D

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Najafabad Islamic Azad University

Full name of responsible person

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Position

MA

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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*