

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of mindfulness psychotherapy on psychological well-being and quality of life of infertile women

Protocol summary

Summary

Objectives: The aim of the study is to assess the effect of mindfulness psychotherapy on psychological well-being
Design: Randomized Controlled Trial Setting and conduct: 60 infertile women who will referred to Infertility Research Center Fatemeh Zahra (SA) Babol will be allocated in four groups based on Solomon trial (n = 15 experiments with pre-test, 15 tests without pre-test, 15 control subjects without pre-test, 15 control with pre-test). Participants: Inclusion criteria are the distance of eight weeks from beginning of using assisted reproduction of microinjection method and no attending in relaxation psychological intervention. Women who use other methods of infertility such as intrauterine insemination will be excluded the study. Interventions: Experimental group will attended in 8 weeks group mindfulness psychotherapy sessions. Control group do not received any interventions. Participants will complete Ryfe Well-being questionnaire and Quality of life before and after the intervention. Main outcome: Psychological well-being and quality of life.

General information

Acronym

Mindfulness and infertility

IRCT registration information

IRCT registration number: **IRCT2017021132321N2**

Registration date: **2017-06-03, 1396/03/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-06-03, 1396/03/13

Registrant information

Name

Seyed Mohammad KalantarKoshe

Name of organization / entity

Allameh Tabatabaei University

Country

Iran (Islamic Republic of)

Phone

+98 214480000

Email address

kalantar.counseling@atu.ac.ir

Recruitment status

Recruitment complete

Funding source

Governmental

Expected recruitment start date

2015-07-07, 1394/04/16

Expected recruitment end date

2017-06-20, 1396/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of mindfulness psychotherapy on psychological well-being and quality of life of infertile women

Public title

The effect of mindfulness on psychological well-being and quality of life of infertile women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Having ability of reading and writing;
The distance of eight weeks from beginning of using assisted reproduction of Microinjection method; without attending relaxation meetings or other psychological interventions; desire to participate in the study and

Clinical Study Report
empty
Analytic Code

empty
Data Dictionary
empty