Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of mindfulness training on emotional process, attention and planning in Judo athletes

Protocol summary

Study aim
The effectiveness of mindfulness-based training on stable and selective attention, emotional process and planning in athletes.

Design
At first, the researcher invites qualified athletes to participate in the study by calling for coaches and sports clubs. Then, 30 qualified athletes will be selected and assigned to two groups of control and intervention. In the next step, some explanations are provided in order to the athletes get acquainted with the aims, how to hold the meetings and run the pre-test before the interventions, about the importance, goals and manner of conducting the training course, then a pre-test is taken and interventions will be carried out.

Settings and conduct
The place of intervention is sports clubs in Tehran and the study is not blind.

Participants/Inclusion and exclusion criteria
The participants will include 30 Judo athletes who will be selected by random sampling and will randomly assign in the control and intervention groups. Inclusion criteria are including: age 18 to 30 years, active participation in one of the Judo teams for at least one year in the relevant field and having diploma as the minimum level of education. Exclusion criteria include: non-attending intervention sessions for more than three sessions, dissatisfaction to attend an intervention, and a history of psychological and physical disability.

Intervention groups
Participants in the intervention group will receive six sessions mindfulness training on emotional process (Kauffman, Glass and Pineau, 2006) for a six consecutive weeks, 90-minute session each week. At the end of the intervention, one post-test is taken and after two months, the a follow-up test will be taken.

Main outcome variables
Sustainable attention, selective attention, planning, emotional processing

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20151020024625N5**
Registration date: **2018-01-09, 1396/10/19**
Registration timing: **prospective**

Last update: **2018-01-09, 1396/10/19**
Update count: **0**

Registration date
2018-01-09, 1396/10/19

Registrant information

Name
Mehrdad Zahmatkesh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 23 3343 7844

Email address
mehrdadzahmatkesh@semums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-01-21, 1396/11/01

Expected recruitment end date
2018-07-22, 1397/04/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectiveness of mindfulness training on emotional process, attention and planning in Judo athletes

Public title
The effectiveness of mindfulness training on emotional process, attention and planning in athletes
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
An active member of one of the Judo teams. A history of membership for at least one year in relevant sports. Having diploma as minimum level of education.
Exclusion criteria:
Not attending in intervention sessions for more than three sessions. Dissatisfaction to attend an intervention. History of psychological disorder and physical disability.
Age
From **18 years** old to **30 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
By using of randomization blocks, the participants are assigned to two groups.
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
Ethics committee of Semnan University of Medical Sciencs
Street address
Basidj Boulevard
City
Semnan
Province
Semnan
Postal code
3519899951
Approval date
2017-10-18, 1396/07/26
Ethics committee reference number
IR-SEMUMS.REC.1396.114

Health conditions studied

1

Description of health condition studied
Attention
ICD-10 code
ICD-10 code description
R41.840

2

Description of health condition studied
Planning
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Emotional processing
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Increasing of Attention
Timepoint
6 weeks after intervention
Method of measurement
Stroop Effect, Tower of London Test, Continuous Performance Test, Structured Clinical Interview For DSM-IV

2

Description
Planning
Timepoint
6 weeks after intervention
Method of measurement
Stroop Effect, Tower of London Test, Continuous Performance Test, Structured Clinical Interview For DSM-IV

3

Description
Emotional processing
Timepoint
6 weeks after intervention
Method of measurement
Stroop Effect, Tower of London Test, Continuous Performance Test, Structured Clinical Interview For DSM-IV

Secondary outcomes

1

Description
Stability of intervention
Timepoint
2 months after post test
Method of measurement
Stroop Effect, Tower of London Test, Continuous Performance Test, Structured Clinical Interview For DSM-IV

Intervention groups

1

Description
Intervention group: After the explanation about the research, the pretest is taken. Subsequently, six-session intervention (90 minutes for a session), athletic receive mindfulness training on emotional process (Kaufman, Glass and Pineau, 2006) for six consecutive weeks.
Category
Lifestyle

2

Description
Control group: This group only receives explanations about the research and the tests and there is no intervention in them.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Semnan University
Full name of responsible person
Meisam Shahhusseini
Street address
Damqan Road
City
Semnan
Province
Semnan
Postal code
1911135131
Phone
+98 23 3365 4100
Fax
+98 23 3332 1005
Email
mehrdadzahmatkesh@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University
Full name of responsible person
Ehsan Borhani
Street address
Damqan Road
City
Semnan
Province
Semnan
Postal code
3513119111
Phone
+98 23 3365 4134
Fax
+98 23 3365 4136
Email
Research.M@semnan.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Semnan University of Medical Sciences
Full name of responsible person
Mehrdad Zahmatkesh
Position
Researchman
Latest degree
Bachelor
Other areas of specialty/work
Biostatistics
Street address
Amin Avenue
City
Semnan
Province
Semnan
Postal code
3519899951
Phone
+98 23 3343 8738

Fax
+98 23 3343 8738
Email
mehrdadzahmatkesh@semums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Semnan University
Full name of responsible person
Parviz Sabahi
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Industrial and Organizational Psychology
Street address
Damqan Road
City
Semnan
Province
Semnan
Postal code
3513119111
Phone
+98 23 3365 4100
Email
p_sabahi@semnan.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Semnan University of Medical Sciences
Full name of responsible person
Mehrdad Zahmatkesh
Position
Researchman
Latest degree
Bachelor
Other areas of specialty/work
Biostatistics
Street address
Amin Avenue, Kowsar Hospital
City
Semnan
Province
Semnan
Postal code
3519899951
Phone
+98 23 3343 7838
Fax
+98 23 3343 8738
Email
mehrdadzahmatkesh@semums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
We will not share any file.
When the data will become available and for how long
The results available on 1398.
To whom data/document is available
The data don't presented.
Under which criteria data/document could be used
The reviewers can request data.
From where data/document is obtainable
Applicants can send academic specifications along with the institution's address by email to receive the documentation.
What processes are involved for a request to access data/document
The confirmation of academic affiliation is the necessary condition for sending of data.
Comments