Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of mindfulness-based cognitive therapy on reducing anxiety, depression and improving the mindfulness and quality of life among patients with asthma

Protocol summary

Study aim

Determining the effectiveness of Mindfulness based cognitive therapy in group style on anxiety, depression, mindfulness and quality of life in asthmatic patients.

Design

First, a questionnaire was given to the asthmatic patients (300) who referred to the office. 40 person of them had high scores in the abovementioned questionnaires, of which 30 were willing to participate in the study and six people dropped. 12 persons participated in both control the group and experimental group. No clinical trial and blindness was conducted in the control group.

Settings and conduct

The questionnaires were collected from the lung specialist's office and 8 sessions of group work were conducted at the counseling center

Participants/Inclusion and exclusion criteria

Inclusion criteria: suffering from asthma according to the diagnosis of a specialist -reading and writing skills-willingness to participate in research and high scores in the Beck anxiety and depression inventory and low scores in quality of life and mindfulness

Intervention groups

The intervention group completed eight sessions of the Mindfulness course in two months (one and half an hour session per week). Written exercises and audio files of each session were delivered to pregnant mothers at the end of each session. Mindfulness training was performed according to the protocol of treatment. The therapists reviewed and resolved the homework problems of each pregnant mother. After training, the therapists reviewed the practicing of all of the participants and corrected the probable defects. Each session was finished by a review of what was going on at the session, as well as summarizing the content of the session and determining homework assignments.

Main outcome variables

The consequences are reducing depression and anxiety scores and raising the quality of life of asthma and mindfulness in asthmatic patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170611034471N1**
Registration date: **2018-03-21, 1397/01/01**
Registration timing: **retrospective**

Last update: **2018-03-21, 1397/01/01**
Update count: **0**

Registration date

2018-03-21, 1397/01/01

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 918 507 9300

Email address

far.khanpour@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-05-04, 1395/02/15

Expected recruitment end date

2017-07-11, 1396/04/20

Actual recruitment start date

2016-07-13, 1395/04/23

Actual recruitment end date

2017-09-09, 1396/06/18

Trial completion date

empty

Scientific title

The effect of mindfulness-based cognitive therapy on reducing anxiety, depression and improving the mindfulness and quality of life among patients with asthma

Public title

The effect of mindfulness on anxiety, depression and improving the mindfulness and quality of life for asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Reading and writing skills Having asthma by the diagnosis of allergy specialist willingness to participate in the research – High scores in anxiety-depression questionnaire - quality of life and low score in mindfulness High scores in anxiety, depression, and quality of life questionnaire and low score in mindfulness questionnaire

Exclusion criteria:

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **24**

Randomization (investigator's opinion)

Not 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

Ethics Committee of Kurdistan University of Medical Sciences

Street address

Pastaran

City

Sanandaj

Province

Kurdistan

Postal code

66177-13446

Approval date

2016-12-04, 1395/09/14

Ethics committee reference number

IR.MUK.IRC.1394.170

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

2

Description of health condition studied

Depression

ICD-10 code

F33.8

ICD-10 code description

Other recurrent depressive disorders

Primary outcomes

1

Description

Anxiety

Timepoint

Before intervention-After the intervention

Method of measurement

questionnaire

2

Description

Depression

Timepoint

Before intervention- After the intervention

Method of measurement

questionnaire

3

Description

quality of life

Timepoint

Before intervention- After the intervention

Method of measurement

questionnaire

4

Description
mindfulness
Timepoint
Before intervention- After the intervention
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 8th session of the MINDFULNESS Workshop
Category
Behavior

2

Description
Control group: Not attending the workshop 8 Mindfulness Sessions
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Department of Asthma and Allergy Dr. Rasoul Nasiri Kalmarzai
Full name of responsible person
Farzaneh khanpour
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Sanandaj University of Medical Sciences
Full name of responsible person
Doctor Farzin Rezai
Street address
Pastaran - Kurdistan University of Medical Sciences - Vice Chancellor for Research
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x.moloudi@gmail.com
Web page address
http://www.muk.ac.ir/Muk.aspx
Grant name
General
Grant code / Reference number
1394/170
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Sanandaj University of Medical Sciences
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
Sanandaj University of Medical Sciences
Full name of responsible person
farzaneh khanpour
Position
Master of Clinical Psychology
Latest degree
Master
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available