

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 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

###### Street address

Pastaran

###### City

Sanandaj

###### Province

Kurdistan

###### Postal code

6618676341

###### Phone

+98 87 3324 0258

###### Email

far.khanpour@gmail.com

#### 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

##### City

Sanandaj

##### Province

Kurdistan

##### Postal code

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##### Phone

+98 87 3371 7085

##### Fax

+98 87 3366 0092

##### Email

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

Psychology

###### Street address

pastaran- Kurdistan University of Medical Sciences

###### City

sanandaj

###### Province

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Sanandaj University of Medical Sciences

**Full name of responsible person**

farzaneg khanpour

**Position**

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**Latest degree**

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**Other areas of specialty/work**

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

Sanandaj University of Medical Sciences

**Full name of responsible person**

farzaneh khanpour

**Position**

31/5000 Master of Clinical Psychology

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

pastaran - Kurdistan University of Medical Sciences

**City**

sanandaj

**Province**

Kurdistan

**Postal code**

6618676341

**Phone**

+98 87 3324 0258

**Email**

f.khanpour@muk.ac.ir

**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