

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The Effect of Mindfulness Training on Rumination and Revealing Sexual Function in women with Breast Cancer.

Protocol summary

Study aim

Determining the effect of mindfulness education on reducing rumination and improving sexual function in women with breast cancer.

Design

A randomized clinical trial is being conducted on 52 patients with breast cancer. The subjects are randomly assigned to two groups of 26 test and control groups.

Settings and conduct

Individuals from among patients with breast cancer who are referred to the hematologic department of Bushehr Hospital, a hematologic clinic with a case study and are eligible to participate in the study. The purpose of the research will be provided through interviews with the clients. If you wish, you will receive written consent from the people. Sexual performance questionnaire is then completed by each woman with breast cancer. If these patients have at least one functional disorder in their area and their sexual function score is below 9.3 in each area, they are considered to be disrupted and enter the study. The rumination questionnaire is then completed by women with breast cancer

Participants/Inclusion and exclusion criteria

Entry criteria: Women with breast cancer and at least lobectomy. Failure of the patient to interfere with sexual function (ovarian removal in women, mental problems, Alzheimer's and mental retardation and multiple sclerosis). Exit criteria: Physical disability due to periods of treatment Husband travels during the intervention and follow-up

Intervention groups

Interventions and training packages for the training of mind-mindedness based on stress reduction (Kabat Zayn) will be provided by the instructor during 8 sessions. The control group receives a teaching pamphlet on stress-based mind-focused exercises.

Main outcome variables

Sexual function; rumination

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20090522001930N2**

Registration date: **2018-08-08, 1397/05/17**

Registration timing: **registered_while_recruiting**

Last update: **2018-08-08, 1397/05/17**

Update count: **0**

Registration date

2018-08-08, 1397/05/17

Registrant information

Name

Hakimeh Vahedparast

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-11-22, 1397/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Mindfulness Training on Rumination and Revealing Sexual Function in women with Breast Cancer.

Public title

A Survey on Mindfulness Training in women with Breast Cancer

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Women who have breast cancer and at least have lobectomy. Women of childbearing age . Minimum reading and writing education so that they can complete the questionnaire form. Have a wife. Consciousness and willingness to participate in the research. Have enough physical ability to attend meetings and collaborate on doing assignments. Do not use medicines that affect sex . Radiation therapy should last for at least three months from the last chemotherapy. From the onset of the disease to the time of research they have not received psychological treatment.

Exclusion criteria:

The intention of the husband to travel during the intervention and follow-up

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization using random numbers table

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 Bushehr University of Medical Sciences

Street address

school of nursing and midwifery, Bushehr university of medical sciences, Rishahr avenue, Sabzabad avenue,

Bushehr

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Boushehr

Postal code

7518759577

Approval date

2018-02-19, 1396/11/30

Ethics committee reference number

IR.BPUMS.REC.1396.1396.218

Health conditions studied**1****Description of health condition studied**

Breast Cancer

ICD-10 code

c50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes**1****Description**

Sexual function

Timepoint

Before the intervention begins, after the intervention, as well as one month after the intervention

Method of measurement

Women's Sexual Function Questionnaire 19 questions

2**Description**

Rumination

Timepoint

Before the intervention begins, after the intervention, as well as one month after the intervention

Method of measurement

Nulen Hoeksma and Marlow's Rumination Questionnaire 22 Questions

Secondary outcomes

empty

Intervention groups**1****Description**

The intervention of this study is based on the educational package of mind-mindedness based on reducing the stress of Mindfulness of Cubat Zayn. The content of the training has been confirmed by 2 professors in the field of clinical psychology and mindfulness with a valid degree in mind awareness. Training in 8 sessions of two hours during a two-month (weekly one-session) session

for an intervention group divided into two groups of 13 will be provided by a trainer at the Yoga Arts and Arts Hall. The homework assignments will be given in a pamphlet and the voice will be given to them, and next week they will be interviewed about the exercises, and questions will be asked about the exercises. If the individuals in the intervention group do not attend the meetings twice, they will be re-classed for them, and if they do not attend more than 2 sessions in the classroom, they will be excluded from the study. If they have a question, we will also respond.

Category

Rehabilitation

2**Description**

Control group: Routine care. At the end of the study, the control group will be given an educational counseling session for mindfulness exercises.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Department of Hematology shohadaye khaliij Hospital

Full name of responsible person

Rezvan Sohrabi Nejad Masters of Nursing

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shohadaye khaliij Hospital, Bushehr, Bushehr Province

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

Boushehr University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Khamisipour

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

Yes

Title of funding source

Boushehr 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**

Boushehr University of Medical Sciences

Full name of responsible person

Dr. Hakimeh vahed Parast

Position

Assistant Professor of Bushehr Nursing Faculty

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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

Boushehr University of Medical Sciences

Full name of responsible person

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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

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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