

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

An empirical trial of Behavioral , mindfulness - non-judgmental acceptance intervention on negative body image and self-schema among girl's students

Protocol summary

Summary

Objective: Current cultural and social standards emphasize attractiveness and thinness. So, a main and worldwide problem among women is body dissatisfaction, which results in eliciting malproductive self-schemas. This can affect the interpersonal relationships, socio-emotional state, and perceived self-evaluation in young individuals. Therefore, this research was aimed to investigate the efficacy of behavioral-mindfulness and non-judgmental acceptance therapy on modifying negative body image, and self-schemas among girls in Tehran. Design: After announcing the trial on the boards of Tehran Payame Noor University, and applying convenience sampling method, Those who were volunteer for the trial, and their score in Multidimensional body-self relations questionnaire were less than 160, and They obtained scores in the subscale of Satisfaction with body areas less than 33 were invited for initial assessment and interviewing. Setting and conduct: After initial assessment 26 subjects who were eligible for inclusion and exclusion criteria were selected and randomly were assigned into experimental and control groups (each included 13 subjects). All participants filled out all the items of MBSRQ, and Appearance Schema Inventory (ASI) prior to and after the intervention. Participants including major eligibility criteria: Inclusion criteria were Female, Educational degree upper than diploma, scoring <160 in Multidimensional Body-Self Relations Questionnaire , scoring <33 in Body Area Satisfaction subscale and Exclusion criteria were any personality disorder (for example paranoid, antisocial,...), and psychological disorder (for example OCD, Bipolar,...) based on clinical interview. Intervention: Experimental group participants received 12 sessions for behavioral-mindfulness and non-judgmental acceptance therapy. The therapy sessions were included into introducing body image concept, the

factors that influence the negative body image, definition of mindfulness, thinking errors correction, taking non-judgmental position about beliefs, mirror-countering, self-monitoring and homework assignments (adopted from Bell and Rushforth, 2008) that it is instructed in 12 sessions (70 minutes). Main outcome: Result revealed that primary outcome measures (negative body image and self-schemas modifying after behavioral-mindfulness and non-judgmental acceptance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204123457N5**

Registration date: **2013-04-29, 1392/02/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-29, 1392/02/09

Registrant information

Name

Masuod Janbozorgi

Name of organization / entity

Behavioral Science Research Center, Shahid Beheshti Medical University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2011-04-30, 1390/02/10

Expected recruitment end date

2011-06-04, 1390/03/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

An empirical trial of Behavioral , mindfulness - non-
judgmental acceptance intervention on negative body
image and self-schema among girl's students

Public title

Effect of Behavioral- Mindfulness intervention in negative
body image

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Female, Educational degree upper than
diploma, scoring <160 in Multidimensional Body-Self
Relations Questionnaire , scoring<33 in Body Area
Satisfaction subscale Exclusion criteria: Any personality
disorder (eg.paranoid, antisocial,...), and psychological
disorder (eg.OCD, Bipolar,...) based on clinical interview
and criteria of DSM IV , Any medical condition

Age

From **20 years** old to **32 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **26**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

After announcing the trial on the boards of Tehran
Payame Noor University, and applying convenience
sampling method, Those who were volunteer for the trial,
and their score in Multidimensional body- self relations
questionnaire were less than 160, and They obtained
scores in the subscale of Satisfaction with body areas
less than 33 were invited for initial assessment and
interviewing. After initial assessment 26 subjects were
eligible for include- exclude criteria were selected and

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Behavioral Sciences Research
Center , Shahid Beheshti University of Medical Sci

Street address

Fifth Floor, Department of Behavioral Sciences
Research Center, Imam Hussein Hospital, St. Shahid
Madani, Tehran

City

Tehran

Postal code**Approval date**

2011-01-29, 1389/11/09

Ethics committee reference number

89-01-102-7181-4978

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

Negative body image

ICD-10 code

XXI

ICD-10 code description

Factors influencing health status and contact with health
services

2**Description of health condition studied**

Self-schema

ICD-10 code

XXI

ICD-10 code description

Factors influencing health status and contact with health
services

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

Negative body image

Timepoint

Before intervention and after intervention (The last
session of therapy)

Method of measurement

Multidimensional Body-Self Relations Questionnaire

2

Description

Self-schema

Timepoint

Before intervention and after intervention (The last session of therapy)

Method of measurement

Appearance Schema Inventory

Secondary outcomes

1

Description

Appearance evaluation

Timepoint

Before intervention and after intervention (The last session of therapy)

Method of measurement

Multidimensional Body-Self Relations Questionnaire

2

Description

Fitness evaluation

Timepoint

Before intervention and after intervention (The last session of therapy)

Method of measurement

Multidimensional Body-Self Relations Questionnaire

3

Description

Fitness orientation

Timepoint

Before intervention and after intervention (The last session of therapy)

Method of measurement

Multidimensional Body-Self Relations Questionnaire

4

Description

Body areas satisfaction

Timepoint

Before intervention and after intervention (The last session of therapy)

Method of measurement

Multidimensional Body-Self Relations Questionnaire

Intervention groups

1

Description

Behavioral- mindfulness - non-judgmental acceptance in intervention group . The therapy sessions were included into introducing body image concept, the factors that influence the negative body image, definition of mindfulness, thinking errors correction, taking non-judgmental position about beliefs, mirror-countering,

self-monitoring and homework assignments(adopted from Bell and Rushforth, 2008) that it is instructed in 12 sessions (70 minutes)

Category

Behavior

2

Description

They had no treatment and were in waiting list

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Payame Noor University

Full name of responsible person

Mojgan Agahheris

Street address

St. Nejatollahi , Tehran Payame Noor University, Tehran

City

Tehran

2

Recruitment center

Name of recruitment center

Rahe Salamat Counseling Center

Full name of responsible person

Mojgan Agahheris

Street address

Unit 12, Third Floor, Negar Building, Negar Alley, South Ekhtiarieh intersection, St. Dolat , Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Behavioral Sciences Research Center, Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Alireza Zahiredin

Street address

Fifth Floor, Department of Behavioral Sciences Research Center, Imam Hossein Hospital, St. Shahid Madani , Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Behavioral Sciences Research Center, Shahid Beheshti
University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

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

Rahe Salamat Counseling Center

Full name of responsible person

Masoud Janbozorgi

Position

Associated professor

Other areas of specialty/work**Street address**

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty