

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

A study of efficacy of Mindfulness-based cognitive therapy on Psychological symptoms of students with social anxiety disorder

Protocol summary

Study aim

Determine the effectiveness of mindfulness-based cognitive therapy on Psychological symptoms of students with social anxiety disorder

Design

Clinical trial with control ,Not blind, randomized

Settings and conduct

Counseling Center of Kermanshah University of Medical Sciences-Students receive 8 sessions of group therapy.

Participants/Inclusion and exclusion criteria

The main inclusion criterion: The person has a social anxiety disorder The main inclusion criteria: Having a person with other mental disorders

Intervention groups

12 people receive mindfulness-based cognitive therapy, and 12 subjects are listed waiting list.

Main outcome variables

Social Anxiety Disorder

General information

Reason for update

Acronym

MBCT

IRCT registration information

IRCT registration number: **IRCT20190222042797N1**

Registration date: **2019-03-04, 1397/12/13**

Registration timing: **prospective**

Last update: **2019-03-04, 1397/12/13**

Update count: **0**

Registration date

2019-03-04, 1397/12/13

Registrant information

Name

mohsen mohammadpour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3832 7816

Email address

mohammadpour5711@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-18, 1398/01/29

Expected recruitment end date

2019-05-19, 1398/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A study of efficacy of Mindfulness-based cognitive therapy on Psychological symptoms of students with social anxiety disorder

Public title

A study of efficacy of Mindfulness-based cognitive therapy on Psychological symptoms of students with social anxiety disorder

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having at least 18 years of age having at least 3 years of secondary education A person with social anxiety disorder based on a diagnostic interview by a psychologist Do not suffer from a serious psychological disorder (such as mood and psychiatric disorders) Motivation and satisfaction for participation during treatment and research implementation

Exclusion criteria:

The apparent risk of current suicide Not receiving psychological treatment in the past year Having a history of drug abuse or dependence now and over a year before starting treatment Unwillingness to attend research meetings

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

By simple random method individuals are assigned to the control and test groups using sealed envelope

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 Kermanshah University of Medical Sciences

Street address

Oil field, Facing Taleghani Hospital

City

kermanshah

Province

Kermanshah

Postal code

56423-22222

Approval date

2019-02-18, 1397/11/29

Ethics committee reference number

IR.KUMS.REC.1397.952

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

social anxiety

ICD-10 code

F41.8

ICD-10 code description

Other specified anxiety disorders

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

social anxiety

Timepoint

At the beginning of the study, after the study (after the end of the intervention) and two months after the study

Method of measurement

Social Interaction Anxiety Scale

2**Description**

Interpersonal sensitivity

Timepoint

At the beginning of the study, after the study (after the end of the intervention) and two months after the study

Method of measurement

interpersonal sensitivity measure

3**Description**

Self-Compassion

Timepoint

At the beginning of the study, after the study (after the end of the intervention) and two months after the study

Method of measurement

Self-Compassion Inventory

4**Description**

Sensitivity to anxiety

Timepoint

At the beginning of the study, after the study (after the end of the intervention) and two months after the study

Method of measurement

Anxiety Sensitivity Inventory -3

5**Description**

External Shame

Timepoint

At the beginning of the study, after the study (after the end of the intervention) and two months after the study

Method of measurement

External Shame scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: MBCT was carried out according to a manual by Segal et al. (2002) developed for the treatment of chronic depression. The intervention consisted of 8 weekly 2-hour sessions in groups with up to 12 participants. Components are mindfulness meditation techniques such as the bodyscan

Category

Behavior

2

Description

Control group: 12 people are on the waiting list and they will be given self-help books after the end of the intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermanshah University of Medical Sciences

Full name of responsible person

Mohsen Mohammadpour

Street address

Kermanshah-Shahid Shiroodi Blvd.-Imam Reza Hospital- Medical school

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

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Grant name

Kermanshah University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Mohsen Mohammadpour

Position

MSc

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Aliakbar Foroughi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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

Kermanshah University of Medical Sciences

Full name of responsible person

Sahar Pouyanfard

Position

MSc

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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

The participants are unclear

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

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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