

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The Effect of Mindfulness Based Stress Reduction Program on HIV-Positive Women's Resilience

Protocol summary

Study aim

Effect the program of mindfulness based stress reduction on HIV-Positive Women's resilience

Design

The study is a clinical trial study.90 positive HIV patients are selected by available sampling method from persons who had medical records at Imam Khomeini Hospital Counseling Center for Behavioral Diseases, by referring to Tehran's Imam Khomeini Hospital Counseling Center of Behavioral Diseases. without blinding,sampling is done randomly,both groups completed the resilience questionnaire and then the subjects in the intervention group participated in 8 sessions of 60 minutes each week and undergo training. Then immediately after the end of the sessions, and then 4 weeks after the intervention, the resilience questionnaire is again completed.

Settings and conduct

AIDS Research Center and Behavioral Disease Counseling Center located in Imam Khomeini Hospital where participants are randomly selected

Participants/Inclusion and exclusion criteria

Inclusion criteria:informed consent,age range of 15-45 years,reading and writing literacy,diagnosis of HIVover 6 months,being Iranian,physical and mental health sufficient to participate in study,lack of participation in educational classes focusing on MFand stress management,lack of chronic diseases and known chronic psychiatric disorders and problems and exit criterion is unwillingness to continue cooperation

Intervention groups

Intervention group:45 HIV positive woman15-45years old who are referred to the AIDS Research Center and Counseling Center for Behavioral Diseases at Imam Khomeini with Written consent,and tendency to participate in the study and receive educational intervention Mindfulness Based Stress Reduction Program.control group:45 HIV positive woman15-45 years old who are referred to the same center but do not receive any educational intervention.

Main outcome variables

Education Mindfulness Based Stress Reduction Program,resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120414009463N59**

Registration date: **2019-04-29, 1398/02/09**

Registration timing: **prospective**

Last update: **2019-04-29, 1398/02/09**

Update count: **0**

Registration date

2019-04-29, 1398/02/09

Registrant information

Name

Zahra Behboodi Moghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-05-22, 1398/03/01

Expected recruitment end date

2019-09-23, 1398/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Mindfulness Based Stress Reduction Program on HIV-Positive Women's Resilience

Public title

The Effect of Mindfulness Based Stress Reduction Program on Resilience

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Informed consent for participation in the study Age range of 15-45 years Reading and writing literacy Diagnosis of HIV over 6 months Being Iranian Physical and mental health sufficient to participate in this study Lack of participation in educational classes focusing on mindfulness and stress management Lack of chronic diseases and known chronic psychiatric disorders and problems

Exclusion criteria:

Unwillingness to continue cooperation

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling will be selected by simple random sampling using random numbers table will be assigned to two groups of intervention and control. which will be considered after determining how to read the table numbers. odd numbers for the control group and the even numbers for the intervention group.

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**

The ethics Committee of the Faculty of Nursing and Midwifery, Tehran University of Medical Science

Street address

PO Box 6459, Dr Mirkhani St. (Eastern Nusrat), Tohid Square

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Province

Tehran

Postal code

6459

Approval date

2019-03-17, 1397/12/26

Ethics committee reference number

IR.TUMS.FNM.REC.1397.213

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

HIV

ICD-10 code

B20.3

ICD-10 code description

HIV disease resulting in other viral infections

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

Resilience

Timepoint

Before the intervention, immediately after the end of the sessions and 4 weeks after intervention

Method of measurement

Using standard resilience questionnaire

Secondary outcomes

empty

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

Intervention group: participated in 8 sessions of 60 minutes each week and undergo training. Then immediately after the end of the sessions, and then 4 weeks after the intervention, the resilience questionnaire is again completed.

Category

Other

2

Description

Control group:In the control group ,intervention is not performed,and only after completing the study for observance of the ethics training book will be provided to the control group after the end of intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Iranian Reasearch Center for HIV/AIDS and Voluntary Conselling and Testing (VCT) center of Imam Khom

Full name of responsible person

Minoos Mohraz

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Iranian Research Center for HIV/AIDS, Imam Hospital .Keshavarz Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr,mohamad Ali Sahraeian

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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

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Dr.Zahra Behboodi Moghadam

Position

Ph.D in reproductive health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for scientific inquiries

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Person responsible for updating data

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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