

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of mindfulness-based group art therapy (MBAT) on depression, anxiety, intrusive thoughts and shame in sexual assault victims

Protocol summary

Study aim

Determining the effectiveness of mindfulness-based group art therapy (MBAT) on depression, anxiety, intrusive thoughts and shame in sexual assault victims

Design

A clinical trial with a control group and randomization

Settings and conduct

Eight sessions of Monti's Mindfulness based art therapy for 2 hours each week in a psychology clinic in Hamedan

Participants/Inclusion and exclusion criteria

Being a female; having been sexually assaulted with the slight intensity (having a score of 24-32 on Weiss and Marmar's Impact of Event Scale—Revised; having the doctor's permission to take drugs (if taken any) with a fixed dosage; at least 18 years old; having informed consent and having been educated for at least 8 years.

Intervention groups

Experimental group: receive 8 sessions of psychotherapy. Control group: receive no kind of treatment

Main outcome variables

Depression and anxiety scores on short form of Depression Anxiety Stress Scales; intrusive thoughts score on the Impact of Event Scale—Revised; shame score on Personal Feelings Questionnaire

General information

Reason for update

Acronym

MBAT

IRCT registration information

IRCT registration number: **IRCT20120619010063N8**

Registration date: **2019-07-16, 1398/04/25**

Registration timing: **prospective**

Last update: **2019-07-16, 1398/04/25**

Update count: **0**

Registration date

2019-07-16, 1398/04/25

Registrant information

Name

Kheirollah Sadeghi

Name of organization / entity

Kermanshah University of Medical Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2019-08-23, 1398/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness-based group art therapy (MBAT) on depression, anxiety, intrusive thoughts and shame in sexual assault victims

Public title

The effectiveness of mindfulness-based group art therapy (MBAT) on improving psychological symptoms in sexual assault victims

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being a female Having been sexually assaulted
Experiencing the trauma with a slight intensity (having a score between 24-32 on Weiss and Marmar's Impact of Event Scale—Revised Having the doctor's permission for taking drugs (if taken any) in a fixed dosage during the treatment sessions Age range from 18 to 65 Signing the informed consent Having been educated for at least 8 years

Exclusion criteria:

Diagnose of schizophrenia, bipolar type I, being delusional, having active suicidal thoughts, substance abuse Possibility of getting uncontrollably anxious or aggressive or having uncontrollable impulses The existence of potential harm for patients Being diagnosed with full criteria of personality disorders Being diagnosed with panic disorder

Age

From **18 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

After selecting the samples based on entry criteria, the list of the sample information, will be kept in a sealed envelope. In the end, these people will be assigned to the control and test 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**

Ethics Committee of Kermanshah University of Medical Sciences

Street address

opposite Taleghani hospital, Naft square, Kermanshah

City

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Province

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Postal code

56423-22222

Approval date

2019-07-03, 1398/04/12

Ethics committee reference number

IR.KUMS.REC.1398.293

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

Sexual assault victim (post-traumatic stress disorder subtype)

ICD-10 code

F43.10

ICD-10 code description

Posttraumatic stress disorder

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

Depression score

Timepoint

At the beginning and end of the study and 2 months after the end of study

Method of measurement

Depression Anxiety Stress Scales - DASS

2**Description**

Anxiety score

Timepoint

At the beginning and end of the study and 2 months after the end of study

Method of measurement

Depression Anxiety Stress Scales - DASS

3**Description**

Intrusive thoughts

Timepoint

At the beginning and end of the study and 2 months after the end of study

Method of measurement

The Impact of Event Scale—Revised

4**Description**

Shame

Timepoint

At the beginning and end of the study and 2 months after the end of study

Method of measurement

Personal Feelings Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: first, pre-tests will be taken. then this group receives 8 sessions of mindfulness-based art therapy. At the end of the intervention, post tests will be taken and follow-up tests will be done 2 months later

Category

Rehabilitation

2

Description

Control group: this group will be in waiting list and wont receive any interventions. The measurements for this group, will be done at the same time with test group. the intervention.follow-up measurements will be done two months later. at the end of all measurements, this group can receive 8 sessions pf mindfulness-based art therapy.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Alvand clinic

Full name of responsible person

Kheirollah Sadeghi

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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

Street address

Opposite Imam Ali hospital, Naft square

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Grant name

Grant code / Reference number

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

No

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

Golfam Goodarzi

Position

student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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Name of organization / entity

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Associate Professor

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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

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

Kermanshah University of Medical Sciences

Full name of responsible person

Golfam Goodarzi

Position

student

Latest degree

Master

Other areas of specialty/work

Psychology

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