Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

effect of mindfulness-based stress management therapy on the emotion regulation ,anxiety ,depression and food addiction in obese pople

Protocol summary

Study aim
Determinig the effect of Mindfulness-Based Stress Management Therapy on the Emotion regulation, Anxiety, Depression and Food Addiction in Obese People

Design
Sample: Two arm parallel group randomised trial with blinded postoperative care and outcome assessment

Settings and conduct
The researcher will refer to the health centers and specialized clinics related to weight management with letter from Kashan University of Medical Sciences and select eligible people and call them and invites candidates participates in intervention sessions.

Participants/Inclusion and exclusion criteria
BMI> 30, A score above 5 on the Food Addiction Scale, Minimum Cycle Education Exclusion criteria:, Participate in a regular exercise program, Absence in treatment sessions more than 2 times, Having a drug addiction, Use of diet، Medical problems such as diabetes and endocrine disorders, hypothyroidism or hyperthyroidism

Intervention groups
Intervention Group: Mindfulness-Based Stress Reduction is an eight-session, 90-minute intervention that teaches participants to communicate with their inner and outer world in the present moment, without judgment, with full awareness and awareness. This approach is based on the treatment protocol of Kabat Zain (2013). Control group: Includes eight one-hour sessions on topics such as: Referrals and meeting group members-General psychology topics that lack emotion regulation topics:Examples: types of conditioning and learning, types of memory, theory of forgetfulness, social psychology, various aspects of adult development.

Main outcome variables
emotions regulation, anxiety, depression, food addiction

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190804044436N1**
Registration date: **2020-02-06, 1398/11/17**
Registration timing: **retrospective**

Last update: **2020-02-06, 1398/11/17**
Update count: **0**

Registration date
2020-02-06, 1398/11/17

Registrant information

Name
hanieh kebriti

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5545 1898

Email address
m.kebriti20@gamail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-09-21, 1398/06/30

Expected recruitment end date
2019-12-21, 1398/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

effect of mindfulness-based stress management therapy on the emotion regulation ,anxiety ,depression and food addiction in obese pople

Public title

effect of mindfulness-based stress management therapy on the emotion regulation ,anxiety ,depression and food addiction in obese pople

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

BMI>30 Ages 18 to 50 Score higher than 5 on the Food Addiction Scale A score above 7 on the DASS-21 Depression Scale A score above 6 on the DASS-21 Anxiety Scale Minimum Cycle Education

Exclusion criteria:

Acute psychiatric disorders such as psychosis and bipolar disorder and body dysmorphic disorder Participate in a regular exercise program Taking supplements for weight loss Absence of more than two sessions of treatment Substance abuse Simultaneous psychological treatment

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization will be based on the random numbers table and hiding with the help of sealed envelopes kept by the clinic manager, whereby individuals will be placed in one of the MBSR and control groups.

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, evaluators and data analyzers will not be aware of the allocation of individuals to MBSR and control groups.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Kashan University of Medical Sciences

Street address

Kashan University of Medical Sciences Ethics Committe, Ravandi Boulevard , Kahan

City

kashan

Province

Isfehan

Postal code

3713979671

Approval date

2019-02-18, 1397/11/29

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1397.111

Health conditions studied

1

Description of health condition studied

Overweight and obesity

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention, after the intervention, three months after the intervention

Method of measurement

DASS_21 Depression Anxiety Inventory

2

Description

Depression

Timepoint

Before the intervention, after the intervention, three months after the intervention

Method of measurement

DASS_21 Depression Anxiety Inventory

3

Description

food addiction

Timepoint

Before the intervention, after the intervention, three months after the intervention

Method of measurement

Food Addiction Questionnaire (YFAS)

Secondary outcomes

1

Description
Emotion Regultion
Timepoint
Before intervation, After intervation , three month after intervation
Method of measurement
Difficulty adjusting the excitement (DERS)

Intervention groups

1

Description
Intervention group: Mindfulness-Based Stress Reduction is an eight-session, 90-minute intervention that teaches participants to communicate with their inner and outer world in the present moment, without judgment, with full awareness and awareness. . This approach is based on the treatment protocol of Kabat Zain (2013).
Category
Treatment - Other

2

Description
Control group: Includes eight one-hour sessions once a week with topics in general psychology and no emotion-related training including: types of conditioning, types of memory, types of learning, theory of forgetfulness, social psychology, adult developmental theories, Personality Types, Review of Tutorials.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Health Centers
Full name of responsible person
Hanieh Kebriti
Street address
Kashan University of Medical Sciences., GHotb Ravandi Blvd.,Kashan Town
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8715981151
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m.kebriti20@gmail.om

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Dr. Hamid Reza Banafsheh
Street address
Kashan University of Medical Sciences, Ravandi Boulevard , Kashan Town
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8715981151
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Email
medicine@kaums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kashan 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
Kashan University of Medical Sciences
Full name of responsible person
Hanieh Kebriti
Position
Studant
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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Kashan University of Medical Sciences., GHotb Ravandi Blvd.,Kashan Town
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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