

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The Comparison of the effectiveness of mindfulness cognitive group psychotherapy and schema therapy on weight, body image and self-esteem of people with obesity

Protocol summary

Study aim

The Comparison of the effectiveness of mindfulness cognitive group psychotherapy and schema therapy on weight, body image and self-esteem of people with obesity

Design

A randomized clinical trial with parallel groups

Settings and conduct

In order to conduct the research by attending Ravan-Mehr Counseling and Psychology Center, while explaining the nature and aims of the research and obtaining patient consent, individually presented each case, first a preliminary evaluation in terms of body mass index, body image and self-esteem pre-test. The Mindfulness Test group will be divided into 8 sessions of 90 minutes 2 sessions per week, Schema therapy group will be divided into 10 sessions of 90 minutes 2 sessions per week. After the sessions, both groups will again respond to body mass index, body image and self-esteem scales.

Participants/Inclusion and exclusion criteria

Inclusion criteria are: Obesity based on physician diagnosis, age range of 30 to 50 years, diploma to postgraduate level, and no chronic illness and mental disorders. Exclusion criteria included non-co-operation of the sample group at each stage of the study, having physical and physical problems and a history of psychiatric problems.

Intervention groups

For the first group of mindfulness cognitive group psychotherapy, For the second group schema therapy will be performed.

Main outcome variables

weight, body image and self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200210046451N1**

Registration date: **2020-03-06, 1398/12/16**

Registration timing: **retrospective**

Last update: **2020-03-06, 1398/12/16**

Update count: **0**

Registration date

2020-03-06, 1398/12/16

Registrant information

Name

Afshin Bahadori

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2253 1934

Email address

a.bahadori@iaukishint.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-13, 1398/09/22

Expected recruitment end date

2020-03-05, 1398/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison of the effectiveness of mindfulness cognitive group psychotherapy and schema therapy on weight, body image and self-esteem of people with obesity

Public title

The Comparison of the effectiveness of mindfulness cognitive group psychotherapy and schema therapy on weight, body image and self-esteem of people with obesity

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Obesity based on physician diagnosis age range from 30 to 50 years diploma level to master's degree no chronic diseases and mental disorders

Exclusion criteria:

No cooperation of the sample group at each stage of the study Having physical and physical problems and a history of psychiatric problems

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The block randomization method is performed by the statistical consultant as follows: Randomization is performed in two groups of mind-based cognitive group therapy and schema therapy. In block randomization, the number of participants in all groups will be very close together by making blocks of sequences so that the same number of participants are assigned to study groups within each group. We first code the groups in Latin letters as follows: A = Mindfulness-based cognitive group therapy, B = Schema therapy In this study, with two groups A and B, we create the following two groups and assign each of the numbers 1 to 2: -AB-BA Then we use a random number table to select one of these blocks whenever the numbers 1 and 2 appear, and if there is another number, we consider it null and move on to the next choice. In fact, we have obtained a random sequence of numbers with a random number table that we consider the order of assignment for each number. This way the number of people in the groups will be approximately equal.

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 Hormozgan University Of Medical Sciences

Street address

North Karegar Street 17 Veteran Street 24 P 64

City

Tehran

Province

Tehran

Postal code

1437697419

Approval date

2019-12-07, 1398/09/16

Ethics committee reference number

IR.HUMS.REC.1398.336

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

obesity

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

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

BMI

Timepoint

Measurement will be done in pre-test, post-test and follow-up three months after post-test

Method of measurement

This index is obtained by dividing the weight (in kg) by the square of the height (in meters). Weight will be measured using a digital portable balance scale with sensitivity of 100 grams and height will be measured with a 0.5 meter non-dilatable tape meter.

2**Description**

self-esteem

Timepoint

Measurement will be done in pre-test, post-test and follow-up three months after post-test

Method of measurement

3**Description**

Body image

Timepoint

En Measurement will be done in pre-test, post-test and follow-up three months after post-test

Method of measurement

Kash Body Image Questionnaire

Secondary outcomes

empty

Intervention groups1**Description**

Intervention group one: Mindfulness-based cognitive therapy was taught to participants based on Kabat-Zinn (2012) in 8 sessions (two sessions per week, each session for 90 minutes) and during one month.

Category

Treatment - Other

2**Description**

Intervention group II: In this study, intervention based on schema therapy was taught to the participants using the training package Young (1990) in 10 sessions (two sessions per week and each session for 90 minutes) for one and a half months.

Category

Treatment - Other

Recruitment centers1**Recruitment center****Name of recruitment center**

Ravanmehr Consulting and Psychology Center

Full name of responsible person

Afshin Bahadori

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South Kurdistan Highway - 17th Street - Janbazan Street - 24p 61st 4th West

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2246578941

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Email

afshin_bahadori2002@yahoo.com

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Alireza Roosta

Street address

Islamic Azad University of Kish International Branch, Free Zone Organization Square, Sana'i Boulevard, Kish Island.

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Kish

Province

Hormozgan

Postal code

7941775883

Phone

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Email

Info@laukishint.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

20

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**

Islamic Azad University

Full name of responsible person

Afshin Bahadori

Position

Ph.D student

Latest degree

Master

Other areas of specialty/work

Psychology

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No. 5, 7 West Floor, Mellat Square, Alidoust Street, Ostad Hassan Bana North.

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Islamic Azad University

Full name of responsible person

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Position

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

En Only part of the data, such as information about the
main outcome or the like, can be shared.

When the data will become available and for how long

En Start of access period 6 months after printing results

To whom data/document is available

The data will be available only to researchers working in
academic and scientific institutions

Under which criteria data/document could be used

ny type of analysis on the data delivered is permitted

From where data/document is obtainable

No. 5, 7 West Floor, Mellat Square, Alidoust Street, Ostad
Hassan Bana North. postal code: 2248795031 Tel:
00982122531934

What processes are involved for a request to access data/document

The request will be sent by email to:
afshin_bahadori2002@yahoo.com

Comments