Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Preparation and Study of the effecacy of mindfulness-based training package to improve attention, self-regulation and interpersonal relationships in Elementary School students with ADHD symptoms.

Protocol summary

Study aim

Prepare a mindfulness-based educational package for children with attention deficit hyperactivity disorder and then study its effectiveness for the same statistical population.

Design

Using the available sampling method, 15 students with symptoms of attention deficit hyperactivity disorder are selected, Then they fall into a group called the intervention group and first taken pre test from students and then They will be taught mindfulness-based training packages, then taken post test from students,The pre-test and post-test results will be compared.

Settings and conduct

Statistical population includes fourth, fifth and sixth grade elementary school students with symptoms of attention deficit / hyperactivity disorder, Intervention at Tasnim Elementary School, first taken pre test from student and Then the intervention will be done and then taken post test, So that we can compare pre-test and post-test

Participants/Inclusion and exclusion criteria

Inclusion criteria: Elementary school students with attention deficit hyperactivity disorder,Gender:male
Exclusion criteria: having a mental disorder at the same time not being at the same time under psychological treatment

Intervention groups

With informed consent, 15 children with symptoms of attention deficit / hyperactivity disorder were selected and Fall into one group then taken pre-test and then They will be taught mindfulness-based training packages, then taken post test from students,The pre-test and post-test results will be compared.If effective, the intervention will improve the symptoms of students with attention deficit hyperactivity disorder.

Main outcome variables

attention,self regulation,interpersonal relationship

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200303046687N1**
Registration date: **2020-04-06, 1399/01/18**
Registration timing: **prospective**

Last update: **2020-04-06, 1399/01/18**
Update count: **0**

Registration date

2020-04-06, 1399/01/18

Registrant information

Name
parnian rezaei
Name of organization / entity
Shahid Beheshti University
Country
Iran (Islamic Republic of)
Phone
+98 21 7623 1872
Email address
pa.rezaee@mail.sbu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-09, 1399/02/20

Expected recruitment end date

2020-06-19, 1399/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Preparation and Study of the effecacy of mindfulness-based training package to improve attention, self-regulation and interpersonal relationships in Elementary School students with ADHD symptoms.

Public title

Preparation and Study of the effecacy of mindfulness-based training package to improve attention, self-regulation and interpersonal relationships in Elementary School students with ADHD symptoms.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Children 10 to 12 years old with symptoms of attention deficit hyperactivity disorder Gender: Male

Exclusion criteria:

having a mental disorder at the same time not being at the same time under psychological treatment

Age

From **10 years** old to **12 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **15**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Of Shahid Beheshti Universityy

Street address

Institute of Cognitive and Brain Sciences, Shahid Beheshti University, Daneshjoo Blvd, Evin

City

Tehran

Province

Tehran

Postal code

1983969411

Approval date

2020-02-22, 1398/12/03

Ethics committee reference number

IR.SBU.REC.1398.041

Health conditions studied

1

Description of health condition studied

Attention-deficit hyperactivity disorder

ICD-10 code

F90

ICD-10 code description

Attention-deficit hyperactivity disorders

Primary outcomes

1

Description

Attention

Timepoint

before the intervention, two week after the intervention

Method of measurement

Strop test

2

Description

self-regulation

Timepoint

before the intervention, two week after the intervention

Method of measurement

ERQ-CA

3

Description

Interpersonal Relationships

Timepoint

before the intervention, two week after the intervention

Method of measurement

Child Self-efficacy Questionnaire in Interpersonal Relationships with Peers

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: mindfulness-based training package for eight 45-minute sessions for the intervention group,First, this package is tailored for elementary

school student,Before the intervention, we will pre-test to determine the baseline level of children, and Then we will do mindfulness-based intervention and then we take the post-test so we can compare it with the pre-test, If this package is effective, it will improve the performance of children with ADHD.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Tasnim School

Full name of responsible person

Rahim porhashemi

Street address

Tasnim School., Sahar Ave., Sepah St

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid beheshti University

Full name of responsible person

Babak Shokri

Street address

Deputy Director of Research and Technology, Presidential Building, Shahid Beheshti University, Daneshjoo Blvd, Evin

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drbabakshokri@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid beheshti University

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

Shahid Beheshti University

Full name of responsible person

Jalil fath abadi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Contact

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MS

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Yes - There is 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

Title and more details about the data/document
The participants data without identifying information will be available after completion of the study. Clinical study report: The clinical study report will be available after completion of the study.

When the data will become available and for how long
September 2020

To whom data/document is available
For researchers and students

Under which criteria data/document could be used
Using study data for systematic reviews and meta-analysis studies is permitted.

From where data/document is obtainable
Dr Jalil fath abadi.Shahid beheshti university

What processes are involved for a request to access data/document
parirez309@gmail.com

Comments