

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

The effects of mindfulness-based cognitive therapy on promoting medication adherence among patient with epilepsy: an application of social media intervention

Protocol summary

Study aim

Determining the effectiveness of mindfulness based cognitive-behavioral therapy on promoting medication adherence among patient with epilepsy

Design

This research is a prospective cluster randomized controlled trial and It is a single blind with parallel groups.256 patients are selected from 4 neurology clinics by simple randomization method. People receive a special code and then will be randomly divided into intervention and control groups.

Settings and conduct

This study will conduct among 4 neurology clinics in Qazvin.The study sample is patients with epilepsy who are referred to neurology clinics for routine examinations by physicians.Randomization will be performed at a center level. Randomization and allocation will be performed by an independent statistician who is blinded to participants' clinical histories.

Participants/Inclusion and exclusion criteria

Inclusion criteria: confirmed diagnosis of epilepsy in patients by a physician specializing in neurology; age of 18 years or older; prescribing antiepileptic drugs.
Exclusion criteria: suffering from progressive neurological disease; diagnosis of an intellectual disability.

Intervention groups

The content of the 4 sessions of mindfulness training is sent to the participants weekly and online through social networks. The content will be an online version of the face-to-face eight-week mindfulness course in Mindfulness-Based Stress Reduction program (MBSR). Patients are provided with information about the etiology, prognosis of epilepsy, as well as antiepileptic drugs. Also the group mindfulness training sessions will lead by a licensed clinical psychologist who have 5 years of experience in teaching mindfulness meditation.

Main outcome variables

The Medication Adherence Report; Mindful Attention Awareness

General information

Reason for update

Complete all variables related to the study outcomes that will be measured.

Acronym

IRCT registration information

IRCT registration number: **IRCT20181226042140N2**
Registration date: **2020-07-03, 1399/04/13**
Registration timing: **registered_while_recruiting**

Last update: **2021-03-23, 1400/01/03**

Update count: **3**

Registration date

2020-07-03, 1399/04/13

Registrant information

Name

sara fazelirooshande

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3333 6001

Email address

s.fazelirooshande@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-20, 1399/03/31

Expected recruitment end date

2020-08-20, 1399/05/30

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effects of mindfulness-based cognitive therapy on promoting medication adherence among patient with epilepsy: an application of social media intervention

Public title
Investigating the intervention of mindfulness on on promoting medication adherence among patient with epilepsy

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
A confirmed diagnosis of epilepsy in patients by a physician specializing in neurology An age of 18 years or older Prescribing antiepileptic drugs Being responsible for taking the medicine by oneself or an independent person
Exclusion criteria:
Suffering from progressive neurological disease Do not prescribed antiepileptic drugs Diagnosis of an intellectual disability Having a major cognitive impairment

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **256**

Randomization (investigator's opinion)
Randomized

Randomization description
Regarding the stratified block ranomization in this study, it is stated that the randomization is performed in 4 neurology clinics. Two groups are selected from each of these centers, one for the intervention group and the other for the control group. Of these 128 are in the intervention group and 128 are in the control group. Randomization is done using software, and after the groups are identified, the code for the intervention group and control group is placed in the envelope and the envelopes are numbered. This is determined by whether the patient is in the intervention group or the control group, after he or she visits the center and receives the envelope and sees the content inside.

Blinding (investigator's opinion)
Single blinded

Blinding description
Randomization will be performed at a center level. Neurology clinics will randomly allocate (1:1) in intervention and treatment as usual groups. Randomization and allocation will be performed by an

independent statistician who is blinded to participants' clinical histories.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee in Research of the National Institute for Medical Research Development in Sciences

Street address

No.21, Besat Ave., Western Fatemi Ave.

City

Tehran

Province

Tehran

Postal code

1419693111

Approval date

2019-12-06, 1398/09/15

Ethics committee reference number

IR.NIMAD.REC.1399.008

Health conditions studied

1

Description of health condition studied

Epilepsy

ICD-10 code

G40.1

ICD-10 code description

Localization-related (focal) (partial) symptomatic epilepsy and epileptic syndromes with simple partial seizures

Primary outcomes

1

Description

The medication adherence score

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

The Medication Adherence Report Scale(MARS)

2

Description

Mindful Attention Awareness score

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Mindful Attention Awareness Scale(MAAS)

Secondary outcomes

1

Description

Severity of a patient's seizures score

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Liverpool Seizure Severity Scale(LSSS)

2

Description

Quality of life in epilepsy score

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Health-related quality of life

3

Description

Perceived behavioral control questions

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Perceived behavioral control(PBC)

4

Description

Anxiety and depression score

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Hospital Anxiety and Depression Scale (HADS)

5

Description

Patient's beliefs about medication

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Beliefs about Medications Questionnaire (BMQ)

6

Description

Intention to adhere to medication

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Behavioral intention Questions

7

Description

Self-monitoring by the patient in taking his medications

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Self-monitoring questions

8

Description

Plan for time, place, how to take medicine

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Questions about Action planning

9

Description

Predicting drug use barriers and creating strategies to overcome those barriers

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Questions about Coping planning

10

Description

Investigation of automatic drug use by patients with epilepsy

Timepoint

Immediately after the intervention and 6 months after the intervention

Method of measurement

Self-Report Behavioural Automaticity Index (SRBAI)

Intervention groups

1

Description

Intervention group: It will be the first trial targeting medication adherence through an online mindfulness intervention. Each week, the intervention group will receive an email from the primary researcher to inform them that a class has uploaded to the social media group to be completed at a time that suited them and would be accessible for one week. It will be 4 sessions of online psychoeducation in the treatment as usual group. At the sessions, the patients will give information about the aetiology, symptoms, and prognosis of epilepsy, as well as antiepileptic drug, and their possible side effects.

Each patient member is also provided with information about the importance of medication adherence and the risks of discontinuing the medication. An online booklet providing information about epilepsy and possible drug treatments will be provided for the patients. Patients with epilepsy will randomly assign into two groups 1) intervention and 2) treatment as usual. All participants will complete measurements at baseline (before randomization) and post intervention and six months after completing the intervention.

Category

Behavior

2

Description

Control group: They receive their medications as usual.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Boali clinic

Full name of responsible person

Mahdi Nikobakht

Street address

Ferdowsi Cross., Ferdowsi Ave

City

Qazvin

Province

Qazvin

Postal code

3419915315

Phone

+98 28 3336 1733

Email

boali.hospital@qums.ac.ir

2

Recruitment center

Name of recruitment center

Mohammadzadeh clinic

Full name of responsible person

Mahdi Nikobakht

Street address

Amirkabir12 Ave., Pirouzi Ave., Nokhbegan Blvd

City

Qazvin

Province

Qazvin

Postal code

3419915315

Phone

+98 28 3333 6001

Email

info@qums.ac.ir

3

Recruitment center

Name of recruitment center

Velayat clinic

Full name of responsible person

Mahdi Nikobakht

Street address

Taavon Sq., Minudar Town

City

Qazvin

Province

Qazvin

Postal code

3419915315

Phone

+98 28 3379 0648

Email

aakaramai@qums.ac.ir

4

Recruitment center

Name of recruitment center

Shahid Rajaei clinic

Full name of responsible person

Mahdi Nikobakht

Street address

Padegan Cross., Padegan Ave

City

Qazvin

Province

Qazvin

Postal code

3419915315

Phone

+98 28 3333 5800

Email

alitaremiha@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

National Institute for Medical Research Development

Full name of responsible person

National Institute for Medical Research Development

Street address

No.21, Besat Ave., Western Fatemi Ave

City

Tehran

Province

Tehran

Postal code

1419693111

Phone

+98 21 6693 8037

Email

NIMAD@RESEARCH.AC.IR

Grant name

Bridging Grant Call

Grant code / Reference number
987827

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

Title of funding source
National Institute for Medical Research Development

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
Qazvin University of Medical Sciences

Full name of responsible person
Amir Pakpour

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
Social Determenant of Health Research
Center.,Shahid Bahonar Blvd.,Qazvin University of
Medical Sciences

City
Qazvin

Province
Qazvin

Postal code
3419915315

Phone
+98 28 3334 4589

Email
apakpour@qums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Qazvin University of Medical Sciences

Full name of responsible person
Amir pakpour

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address

Social Determenant of Health Research
Center.,Shahid Bahonar Blvd.,Qazvin University of
Medical Sciences

City
Qazvin

Province
Qazvin

Postal code
3419915315

Phone
+98 28 3334 4589

Fax
+98 28 3335 0056

Email
apakpour@qums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Qazvin University of Medical Sciences

Full name of responsible person
Amir Pakpour

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
Social Determenant of Health Research
Center.,Shahid Bahonar Blvd.,Qazvin University of
Medical Sciences

City
Qazvin

Province
Qazvin

Postal code
3419915315

Phone
+98 28 3334 4589

Email
apakpour@qums.ac.ir

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