

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

The effect of mindfulness-based stress reduction (MBSR) program Training on Somatization Disorder and Obsessive Beliefs of Nurses

Protocol summary

Study aim

Determining the effect of mindfulness-based stress reduction program on somatization and obsessive beliefs of nurses

Design

The clinical trial had a control group with randomized samples by lottery and not blinded.

Settings and conduct

Mindfulness-based stress reduction program for 2 sessions of 1.5 hours every week on Wednesdays is held online by the project manager who has obtained the certificate of this course with Adob Conect software. Online sessions in the form of lectures, questions and answers, group discussions And the techniques are practiced. In order to continue communicating with the participants, their phone number and home address will be obtained, and by forming educational groups in Telegram and WhatsApp, communication will be maintained with them.

Participants/Inclusion and exclusion criteria

Admission: Age over 22 years and under 45 years At least 1 year of work experience in the emergency Have at least a bachelor's degree in nursing commitment to complete meetings No entry: Existence of a severe mental illness Use of psychiatric drugs Simultaneous receiving of any other type of psychotherapy and recent occurrence (in the last 6 months) Participate in any yoga activities and meditation classes now Absence from attending two consecutive sessions of intervention and occurrence of a stressful incident during the intervention

Intervention groups

The intervention group was selected by available methods Then they were taught mindfulness training sessions for 8 sessions of 2 hours for 1 day a week. Mindfulness is a non-invasive and non-pharmacological method that increases a person's attention, reduces physiological reactions and regulates a person's emotions. The control group does not receive training during this period.

Main outcome variables

Obsessive beliefs , Somatization

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201030049196N1**

Registration date: **2021-06-19, 1400/03/29**

Registration timing: **registered_while_recruiting**

Last update: **2021-06-19, 1400/03/29**

Update count: **0**

Registration date

2021-06-19, 1400/03/29

Registrant information

Name

Razieh Dehvan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3333 3333

Email address

raziehdehvan@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-14, 1400/03/24

Expected recruitment end date

2021-07-16, 1400/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of mindfulness-based stress reduction (MBSR) program Training on Somatization Disorder and Obsessive Beliefs of Nurses

Public title

The effect of mindfulness-based stress reduction (MBSR) program Training on Somatization Disorder and Obsessive Beliefs of Nurses

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 22 years and under 45 At least 1 year of work experience in the emergency room Have at least a bachelor's degree in nursing Commitment to completing meetings

Exclusion criteria:

Existence of a severe mental illness Use of psychiatric drugs Simultaneous receiving of any other type of psychotherapy and the recent occurrence (in the last 6 months) of an important stressful event in life (such as the death of a loved one) Participate in any yoga activities and meditation classes now Absence from two consecutive sessions of intervention and the occurrence of a stressful event during the intervention

Age

From **22 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

Using lotteries among the samples participating in the study

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 the School of Nursing, Midwifery and Rehabilitation, Tehran University of Medica

Street address

No. 246, East Imam Khomeini St, Ahvaz

City

Ahvaz

Province

Khuzestan

Postal code

6194934887

Approval date

2020-06-01, 1399/03/12

Ethics committee reference number

IR.TUMS.FNM.REC.1399.037

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

The obsessive beliefs

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

2**Description of health condition studied**

Somatization disorder

ICD-10 code

F45.0

ICD-10 code description

Somatization disorder

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

Somatization

Timepoint

At the beginning of the study and one month after the intervention

Method of measurement

Questionnaire PHQ15

2**Description**

The obsessive beliefs

Timepoint

At the beginning of the study and one month after the intervention

Method of measurement

Questionnaire OBQ_44

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: They were selected by the available method and in addition to receiving routine care, they receive mindfulness exercises in 8 sessions for 2 hours one day a week. Mindfulness is a non-invasive and non-pharmacological method that increases a person's attention, decreases Physiological reactions and regulation of emotions

Category

Lifestyle

2

Description

Control group: Nurses who do not receive any mindfulness training during this course.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospitals under the supervision of Ahwaz University of Medical Sciences

Full name of responsible person

Razieh Dehvan

Street address

School of Nursing and Midwifery, Nosrat Sharghi, Tohid Square ,Tehran

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raziehdehvan@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Tarane Taghavi Iarjani

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Phone

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Email

Higher_education@tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Razieh Dehvan

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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

Tehran University of Medical Sciences

Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Additional information will be published with the permission of the project manager and the university

When the data will become available and for how long

Additional information will be published with the permission of the project manager and the university

To whom data/document is available

Additional information will be published with the permission of the project manager and the university

Under which criteria data/document could be used

Additional information will be published with the permission of the project manager and the university

From where data/document is obtainable

Additional information will be published with the permission of the project manager and the university

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

Additional information will be published with the permission of the project manager and the university

Comments