Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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
Khouzestan

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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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Dr. Tarane Taghavi larijani
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School of Nursing and Midwifery, Nosrat Sharghi st, Tohid Square ,Tehran
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1419733171
Phone
+98 21 6692 4411
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 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
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