

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### Comparison of the Effectiveness of Mindfulness Training and Positive Training on Self Compassion, Emotion Regulation, Impulsivity and Problem -Solving Styles in Men Substance Dependents

#### Protocol summary

##### Study aim

Comparison of the Effectiveness of mindfulness Training and Positive Training on Self Compassion, Emotion Regulation, Impulsivity and Problem -Solving Styles in Men Substance Dependents

##### Design

The present research is applied research in terms of purpose, and in terms of data collection method is field experimental research in pre-test, post-test with control group. The follow-up stage is performed on the groups 30 days after the post-test stage.

##### Settings and conduct

The population of the present study is all men addicted to drugs referred to Islamshahr Addiction Treatment Center in 2009-2010 with non-probabilistic sampling method. From all eligible individuals, 45 people were randomly selected as a statistical sample and replaced in the mindfulness training intervention group (15 people), the positivity training intervention group (15 people) and the control group (15 people).

##### Participants/Inclusion and exclusion criteria

Men. Inclusion criteria: Men, Minimum cycle education, consent to participate in research, getting a lower than average score in self-compassion questionnaires, emotion regulation and efficient problem solving style and a higher score than average in impulsivity and solving style questionnaires Ineffective problem and not taking the drug at the same time due to another disorder. Exclusion criteria: receiving simultaneous psychological therapies and absence of more than two sessions in the training

##### Intervention groups

In this study, there are 2 intervention groups: mindfulness training and positive education Mindfulness training: Performed for 8 sessions of 60 minutes per week according to the guide of Kabat Zayn (2003). According to Rashid (2008) treatment protocol, fourteen

90-minute sessions according to group positive psychology techniques are performed in groups.

##### Main outcome variables

Self Compassion, Emotion Regulation, Impulsivity and Problem -Solving Styles

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20201217049738N1**

Registration date: **2021-02-07, 1399/11/19**

Registration timing: **registered\_while\_recruiting**

Last update: **2021-02-07, 1399/11/19**

Update count: **0**

##### Registration date

2021-02-07, 1399/11/19

##### Registrant information

##### Name

Seyedemaryam Mousavi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8824 6737

##### Email address

seyedemaryam.mousavi@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-01-14, 1399/10/25

##### Expected recruitment end date

2021-03-15, 1399/12/25

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the Effectiveness of Mindfulness Training and Positive Training on Self Compassion, Emotion Regulation, Impulsivity and Problem -Solving Styles in Men Substance Dependents

**Public title**

The effect of mindfulness training and positive training on self-compassion, emotion regulation, impulsivity and problem solving styles

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Minimum cycle education Consent to participate in research Getting lower than average in self-compassion, emotion regulation and efficient problem-solving questionnaires and higher than average in impulsivity and dysfunctional problem-solving questionnaires Do not take the drug at the same time for another disorder

**Exclusion criteria:**

Receiving concomitant psychological therapies Absence of more than two sessions in the desired trainings

**Age**From **18 years** old to **35 years** old**Gender**

Male

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **45****Randomization (investigator's opinion)**

Not randomized

**Randomization description****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 Ahvaz Azad University

**Street address**

Gisha, 7th Street, No. 7

**City**

tehran

**Province**

Tehran

**Postal code**

1446754153

**Approval date**

2020-11-28, 1399/09/08

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1399.040

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

substance abuse

**ICD-10 code**

F19

**ICD-10 code description**

Other psychoactive substance related disorders

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

Self Compassion

**Timepoint**

Before and after the intervention

**Method of measurement**

Self Compassion questionnaire of Ross and et al

**2****Description**

emotion regulation

**Timepoint**

Before and after the intervention

**Method of measurement**

Emotion regulation questionnaire of Granfski and Kraj

**3****Description**

impulsivity

**Timepoint**

Before and after the intervention

**Method of measurement**

Bart impulsivity questionnaire

**4****Description**

problem-solving styles

**Timepoint**

Before and after the intervention

**Method of measurement**

Cassidy and Lang Problem Solving Styles Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Mindfulness training and positivity training as intervention methods (independent variables) and self-compassion variables, emotion regulation, impulsivity, problem solving styles are present as dependent variables in the research along with a control group that will not receive any intervention during the research. The follow-up phase will be performed on the groups 30 days after the post-test phase. Mindfulness training for 8 sessions of 60 minutes per week based on the guide of Kabat Zayn (2003) will be done as follows. The first session, session description : Recording the therapeutic relationship and acquaintance of group members with each other and with the group rules, defining goals and expectations of treatment, explaining the nature of addiction and talking to group members about addiction and its effects on their life dimensions, brief introduction of mindfulness, raisin eating practice, Examining the body, teaching awareness in routine daily activities, providing homework worksheets. Session 2: Session Description: Checking homework, teaching the basic assumptions of mindfulness, teaching the basics of meditation theory, introducing the benefits and positive effects of meditation exercises. For chronic conditions of physical illness, teaching breathing awareness techniques, sitting meditation, practicing pleasant event recording, providing homework worksheets. Session 3: Session description: Checking homework, teaching about thoughts, consciously dealing with negative spontaneous thoughts, training, Acceptance training instead of trying in vain and struggling, teaching how to observe thoughts without judging, thought observation technique (brainstorming), practicing unpleasant event recording, providing homework worksheets. Session 4: Session description: Checking homework, introducing excitement, teaching difference Feeling with emotion, introducing the types of positive, negative and neutral emotions and learning how to identify them, consciously dealing with unpleasant negative emotions, learning the physical manifestation of emotion in the body using mindfulness and releasing the physical stress caused by emotion, technique of observing and recognizing emotions Practice exploring emotion in the body, presenting homework worksheets. Session 5: Session description: Checking homework, teaching about stress and its types, introducing the stress-body cycle, adverse effects of stress on addiction and explaining how addiction reactivates with the Esther event. Punishment, teaching stress coping strategies, three-minute breathing space technique, meditation practice, awareness of body senses and surrounding sounds, STOP practice for stress management, providing homework worksheets. Session 6: Session description: Checking homework, teaching the effect of mindfulness and management on conscious states. Reducing pain,

explaining the 5-step model of pain relief using mindfulness, exploring and identifying unpleasant bodily sensations such as body pain and awareness and awareness of them, accepting and coping with pain, physical examination practice, providing homework worksheets. Session Description: Checking homework, teaching the role of mindfulness in daily behavior and improving interpersonal relationships, creating mindfulness in interactions and behavior with others, the role of mindfulness in identifying and managing unpleasant thoughts, emotions and body sensations that cause behavioral interactions Practice mindfulness with others in everyday relationships, provide homework worksheets. Session 8: Session description: Check homework, review the teachings provided throughout the previous sessions, how to expand mindfulness in personal life dimensions and Interpersonal relationships, group discussions and exchanges with each other about changes in their lives during the previous sessions and an overview of the entire duration of the sessions.

#### Category

Behavior

### 2

#### Description

Post-test. Positive training sessions in 14 sessions of 90 minutes according to group positivist psychology techniques based on Rashid (2008) treatment protocol will be conducted in weekly sessions. First session: Session description: Discussion on the framework of group positivist psychology. Session 2: Session Description: Introduction to Character Abilities. Session 3: Session Description: Discussion of special abilities and positive emotions. Session 4: Session Description: Good memories versus bad memories. Session 5: Session description: Forgiveness. Sixth session: Description Session: Thanksgiving (Appreciation). Session 7: Session description: Intermediate treatment reviews. Session 8: Session description: Satisfaction. Ninth session: Session description: Optimism and hope. Tenth session: Session description: Positive relationships (love and attachment). Session 11: Session description: Increase meaning (discussion about the special abilities of other family members). Session 12: Session description: Principle of pleasure. Session 13: Session description: Finding meaning (positive legacy and the gift of time). Session 14: Session description: Full life (coherence of pleasure, commitment and meaning)

#### Category

Behavior

### 3

#### Description

Control group: Does not receive any intervention

#### Category

Behavior

## Recruitment centers

## 1

### Recruitment center

**Name of recruitment center**

Khanehsabz Aramesh Addiction Treatment Center

**Full name of responsible person**

Amin Mousavi

**Street address**

Wavan town, end of Mahestan, Ferdowsi street,  
Khayyam alley, No. 1

**City**

eslamshahr

**Province**

Tehran

**Postal code**

3317418849

**Phone**

+98 21 5619 1077

**Email**

am.trnas@gmail.com

### Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Ashkan Ghafouri

**Street address**

Farhangshahr Ave, Islamic Azad University

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ahvaz

**Province**

Khouzestan

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**Phone**

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**Email**

info@iauahvaz.ac.ir

**Grant name****Grant code / Reference number**

دانشگاه آزاد اسلامی

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

Yes

**Title of funding source**

Islamic Azad 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**

Islamic Azad University

**Full name of responsible person**

Seyede Maryam Mousavi

**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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**Full name of responsible person**

سیده مریم موسوی

**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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### Person responsible for updating data

**Contact****Name of organization / entity**

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**Position**

Consultant

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

There is no more information

**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**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable