

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

AgeFrom **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

City

ahvaz

Province

Khouzestan

Postal code

6134937333

Phone

+98 61 3334 8421

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

Street address

Farhangshahr, Islamic Azad University Ahwaz

City

ahvaz

Province

Khouzestan

Postal code

6134937333

Phone

+98 61 3334 8421

Email

info@iauahvaz.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

سیده مریم موسوی

Position

Consultant

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Gisha, Haft St., No. 7

City

Tehran

Province

Tehran

Postal code

1446754153

Phone

+98 21 8824 6737

Email

seyedemaryam.mousavi@yahoo.com

Person responsible for updating data

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

Street address

Gisha, Haft St., No. 7

City

tehran

Province

Tehran

Postal code

1446754153

Phone

+98 21 8824 6737

Email

seyedemaryam.mousavi@yahoo.com

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