Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effectiveness of mindfulness-based stress reduction and emotion regulation training on addiction readiness, excitement and anxiety tolerance in adolescents with addicted parents in Ahvaz

Protocol summary

Study aim
Comparing the effectiveness of mindfulness-based stress reduction and emotion regulation training on addiction readiness, excitement and distress tolerance in adolescents with addicted parents in Ahvaz

Design
Two experimental groups of 30 people with controls that are performed on them before and after the test

Settings and conduct
Background: 30 eligible middle school male students Location: 10 boys' secondary schools Methods: The research method was experimental with pre-test, post-test design and follow-up with the control group. The experimental group underwent mindfulness-based stress reduction (8 sessions of 60 minutes); But the control group did not receive any intervention. Data were analyzed using analysis of covariance.

Participants/Inclusion and exclusion criteria
Students whose inclusion criteria include obtaining a score below the average in the Anxiety Tolerance Questionnaire, obtaining a score above the average in the Excitement Questionnaire; There were no severe physical or mental problems and they also had written consent to participate in all treatment sessions

Intervention groups
The experimental group underwent mindfulness-based stress reduction (8 sessions of 60 minutes). The control group did not receive any intervention.

Main outcome variables
Addiction Potential, Sensation Seeking and Distress Tolerance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20201007048963N1**
Registration date: **2021-04-22, 1400/02/02**
Registration timing: **registered_while_recruiting**

Last update: **2021-04-22, 1400/02/02**
Update count: **0**

Registration date
2021-04-22, 1400/02/02

Registrant information

Name
Mahboobeh Najafi chaleshtari

Name of organization / entity

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Iran (Islamic Republic of)

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+98 61 3447 2242

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mahboobeh.najafi24@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-04-13, 1400/01/24

Expected recruitment end date
2021-05-22, 1400/03/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the effectiveness of mindfulness-based stress reduction and emotion regulation training on addiction readiness, excitement and anxiety tolerance in

adolescents with addicted parents in Ahvaz

Public title
The effect of stress on adolescent addiction
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Achieving a score lower than the average in the Distress Tolerance Questionnaire Get a higher than average score on the Excitement Questionnaire Having written consent to participate in all treatment sessions
Exclusion criteria:
Having severe physical problems Having severe mental problems
Age
From **13 years** old to **16 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
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 Islamic Azad University, Ahvaz Branch
Street address
Golestan Highway
City
ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2020-07-18, 1399/04/28
Ethics committee reference number
IR.IAU.AHVAZ.REC.1399.024

Health conditions studied

1

Description of health condition studied
The effectiveness of mindfulness-based stress reduction on tolerating anxiety and excitement
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Anxiety tolerance
Timepoint
Before and after the intervention
Method of measurement
Simmons and Gahr Distress Tolerance Questionnaire

2

Description
Excitement
Timepoint
Before and after the intervention
Method of measurement
Zuckerman Excitement Questionnaire

3

Description
Addiction Potential
Timepoint
Before and after the intervention
Method of measurement
Wade and et al questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: Mindfulness-based stress reduction therapy for 8 sessions per week, one 60-minute session per week according to Kabat Zayn (2003). With each other and with the rules of the group, specify the goals and expectations of treatment, explain the nature of addiction and talk to group members about addiction and its effects on their life dimensions, brief introduction of mindfulness, raisin eating practice, body exam, mindfulness training in daily activities Provide homework worksheets. Session 2: Program: 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 physical illness, teaching breathing awareness

techniques, sitting meditation, pleasant event recording practice, presenting a worksheet Home. Session 3, Program: Checking homework, teaching about thoughts, consciously dealing with negative spontaneous thoughts, teaching, teaching acceptance instead of trying in vain and struggling, teaching how to observe thoughts without judging, technique of observing thoughts (brainstorming), practice Recording unpleasant events, presenting homework worksheets. Session 4, Program: Checking homework, introducing emotion, teaching the difference between feeling with emotion, introducing different types of positive, negative and neutral emotions and learning how to identify them, consciously dealing with negative unpleasant emotions, learning Physical manifestation of emotion in the body using mindfulness and release of physical stress caused by emotion, technique of observing and recognizing emotions, practicing emotion exploration in the body, presenting homework worksheets. Session 5, Program: Checking homework Negi, education about stress and its types, introduction of stress-body cycle, adverse effects of stress on addiction and explaining how to reactivate addiction with stressful event, teaching stress coping strategies, three-minute breathing technique, meditation practice, awareness of body senses and old sounds STOP Practice for Stress Management, Presenting Homework Worksheets. Session 6, Program: Checking Homework, Teaching the Effect of Mindfulness on Managing and Reducing Pain, Explaining the 5-Step Pain Relief Model Using Mindfulness, Exploring and Identifying Unpleasant Body Senses such as Pain In the body and awareness and awareness of them, accepting and coping with pain, practicing physical examination, providing homework worksheets. And the treatment of others, the role of mindfulness in identifying and managing unpleasant moods, emotions, and bodily sensations that make it difficult to engage in behavioral interactions with others, practicing mindfulness in everyday relationships, providing homework worksheets. Letter: Checking homework, overview of the training provided during all previous sessions, how to expand mindfulness in the dimensions of personal life and interpersonal relationships, discussion and exchange of views of group members about changes in their lives during previous sessions and general summary From the entire length of the sessions. Run the post-test.

Category

Behavior

2

Description

Intervention group 2: Emotion regulation control training for 8 weeks, one 45-minute session per week based on Gross Theoretical Framework protocol (2002). Session 1, Program: Pre-test, communication and conceptualization, and the need to use emotion regulation training. , Interest and love) and learn to pay attention to positive emotions and the need to use them along with examples in the form of mental visualization, homework to write the major positive emotions and record in the appropriate form. Session 3, Program: Teaching Awareness of Negative Emotions, A Brief Overview of the Previous Session, Teaching Awareness of Negative Emotions and Their Types (Tolerance of Anxiety, Sadness, Anger and Hate) and Teaching Attention to Negative Emotions and the Need to Use Them as Examples Mental Visualization, Homework to Write Major Negative Emotions and Record in the Relevant Form. Emotions, homework, consulting parents and close friends about more or less positive emotions and registering in the relevant form. , Program: Learning to re-evaluate and express positive emotions, reviewing the previous session, teaching the mental experience of positive emotions in the form of mental visualization (happiness, interest and love), mental inhibition and training in the proper expression of these emotions..Seventh Session, Program: Evaluation training Re-expression and negative emotions From inappropriate and inhibition of inappropriate expression of these emotions .. Session 8, Program: Summary of training sessions.

Category

Behavior

3

Description

Control group: Does not receive any intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Navid Zandegi Help Clinic

Full name of responsible person

TayebehJafari

Street address

Daniel St. Aristotle Complex

City

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64411 _ 64491

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Navid Zandegi Help Clinic

Full name of responsible person

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Grant name

Grant code / Reference number

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

Title of funding source
Navid Zandegi Help Clinic

Proportion provided by this source
100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Other

Person responsible for general inquiries

Contact

Name of organization / entity
Navid Zandegi Help Clinic
Full name of responsible person
Tayebeh Jafari
Position
Center Manager
Latest degree
Medical doctor
Other areas of specialty/work
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Person responsible for updating data

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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
Not applicable

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