

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Managing Stress for Academic Benefits through Mindfulness-Based Stress Reduction Therapy among University Students

Protocol summary

Study aim

The study aims to contribute to understanding of the relationship between Mindfulness based stress reduction and academic stress and efficacy of Mindfulness based stress reduction on academic stress for academic benefits .

Design

The randomized control trial comprises pre test and post test with a follow up period.

Settings and conduct

160 academic stress students will be selected by purposive sampling technique and were randomly assigned in experimental and control group. The data will analyzed by SPSS through ANCOVA.

Participants/Inclusion and exclusion criteria

1) Academic stress which student has.18 to 30 years. A willingness to commit to 2.5 hours of MBSR at the identified times for a period of 8 consecutive. Scores of academic stress moderate levels on the perceived academic scale. Individuals will be excluded if they will not attend at least 2 sessions of MBSR. Moreover those who will be suffering from other medical and mental issues they will engage in any other health program.

Intervention groups

An eight week training in Mindfulness Based Stress Reduction consisting of 2.5 hours of instruction per week and 45 minutes per day of home practice. The course will utilize the materials from palousemindfulness.com (permission has been sought and received from the site owner), which include video and written materials. Mindfulness practices include mindful eating, body scans, focused breathing and gentle yoga poses. These are conducted during the sessions and in home practice tasks. The palousemindfulness course is designed to be self-directed. Maximum group numbers will be 10 per group.

Main outcome variables

Mindfulness, Academic Stress, Academic Achievement, Academic Self-efficacy, Academic Resilience, Academic

Burnout and Suicidal Ideation.

General information

Reason for update

Acronym

MBSR RCT 21

IRCT registration information

IRCT registration number: **IRCT20210610051537N1**

Registration date: **2021-06-20, 1400/03/30**

Registration timing: **registered_while_recruiting**

Last update: **2021-06-20, 1400/03/30**

Update count: **0**

Registration date

2021-06-20, 1400/03/30

Registrant information

Name

Maria Anwar Khan

Name of organization / entity

The Islamia University, Bahawalpur

Country

Pakistan

Phone

+92 61 4782781

Email address

fa17e1pa005@iub.edu.pk

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-09, 1400/03/19

Expected recruitment end date

2021-06-30, 1400/04/09

Actual recruitment start date

empty

Actual recruitment end date

empty
Trial completion date
empty

Scientific title
Managing Stress for Academic Benefits through
Mindfulness-Based Stress Reduction Therapy among
University Students

Public title
Managing Stress for Academic Benefits through
Mindfulness-Based Stress Reduction Therapy among
University Students

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Age between 18- 30 years, therefore legally eligible to
consent. Students who will scored high stress on
academic stress scale.
Exclusion criteria:
Students who have not stress or mild stress Students
who are suffering from sever medical and
neuropsychiatric complications or any psychotic illness
Students who will involve in any therapy. The absence of
over two sessions Already completed mindfulness based
stress reduction therapy

Age
From **18 years** old to **30 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **120**
More than 1 sample in each individual
Number of samples in each individual: **60**
Students who have academic stress. We will include 16
percent more participants for expected dropouts. actual
sample size reached: 104. Actual sample size in each
individual : 52

Randomization (investigator's opinion)
Randomized

Randomization description
Following initial instruction with recruited groups,
subjects were randomly allocated using randomization to
one of the two groups. An online "clinical trial
randomizer" (www.randomization.com) (Suresh, 2011)
was conducted the treatment selection randomly.

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

Department of Psychology Ethics Committee (DPEC)
The Islamia University, Bahawalpur

Street address

Baghdad ul Jadeed Capus, Hasilpur road, Bahawalpur,
Pakistan.

City

Bahawalpur

Postal code

63100

Approval date

2021-02-26, 1399/12/08

Ethics committee reference number

112/A-Psy/21

Health conditions studied

1

Description of health condition studied

Academic Stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

To measure Academic Stress

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

The Perception of Academic Stress Scale

2

Description

To measure Mindfulness

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Five Facet Mindfulness Questionnaire (FFMQ)

3

Description

To measure Academic Self Efficacy

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Academic Self Efficacy Scale

4

Description

To measure Academic Resilience

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

The Academic Resilience Scale

5

Description

To measure Academic Burnout

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Academic Burnout

6

Description

To measure Academic Achievement

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Academic Achievement

7

Description

To measure Suicide Ideation

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

The Hopelessness and Suicide Ideation Inventory "IDIS"

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: this group will take eight week training in Mindfulness Based Stress Reduction consisting of 2.5 hours of instruction per week and 45 minutes per day of home practice. The course will utilize the materials from palousemindfulness.com (permission has been sought and received from the site owner), which include video and written materials. Mindfulness practices include Mindful Eating, Body Scans, Focused Breathing and Gentle Yoga Poses. These are conducted during the sessions and in home practice tasks. Maximum group numbers will be 10 per group. Each week participants will be given homework sheets to record their home practice; these will be collected and the times recorded as part of the data collection.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Bahuddin Zakariya University, Multan

Full name of responsible person

Aminah Iqbal

Street address

Bahuddin Zakariya University, Multan

City

Multan

Postal code

60000

Phone

+92 61 9210071

Email

amnamuhammaddin@live.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Self Funded

Full name of responsible person

Maria Anwar Khan

Street address

Sewra Chowk Waryam Chowk, 30 Feet Street, Hashmi Street 1

City

Multan

Postal code

60000

Phone

+92 61 4782781

Email

maria.anwar.khan@gmail.com

Grant name

Self funded by researcher

Grant code / Reference number

Not available

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

No

Title of funding source

Self funded by researcher

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

The Islamia University, Bahawalpur

Full name of responsible person

Maria Anwar Khan

Position

Student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Sewra Chowk Waryam Chowk, 30 Feet Street, Hashmi Street 1

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Person responsible for updating data

Contact

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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

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

After the study completion, the participant's data will be provided without identifying information.

When the data will become available and for how long

From Jan 2022

To whom data/document is available

Researchers of Mental Health Studies

Under which criteria data/document could be used

For systematic reviews and meta analysis, studies are permitted.

From where data/document is obtainable

Sewra Chowk 30 Feet Road, Hashmi Street 1. Email: maria.anwar.khan@gmail.com

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

The data request needs to clearly define data needs. The study contact person will provide data with in a 2 weeks after receiving the request.

Comments