

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Oct 2026

Comparing the effectiveness of mindful interoceptive desensitization and behavioral exteroceptive desensitization in reducing the anxiety symptoms

Protocol summary

Study aim

Comparing the effectiveness of mindful interoceptive desensitization and behavioral exteroceptive desensitization in reducing the anxiety symptoms

Design

As a one-way blind randomized clinical trial intervention, all eligible individuals selected (at least 90 individuals), and randomly assigned to three groups. Each group will be evaluated before entering the study, after four intervention sessions, and finally two months after the intervention (follow-up). The first group will receive intervention based on MiCBT protocol, the second group will receive four session of systematic desensitization, and the third group will receive Jacobson's progressive muscle relaxation.

Settings and conduct

The study is performed in Tehran and in the psychology clinic of Taleghani Hospital. Meetings are held in-person and in accordance with the protocol, and in order not to create bias for participants, all individuals will receive medical intervention.

Participants/Inclusion and exclusion criteria

1) having the consent to participate in the study, 2) having a score of 16 in the Beck Anxiety Questionnaire, 3) not having psychotic symptoms or a recognizable psychotic disorder (assessed by a clinical psychologist), 4) not having an acute cognitive problem, 5) not participating in a Simultaneous psychological intervention, 6) not receiving medication for psychological problems, 7) not having suicidal thoughts
Exclusion criteria: 1) need to be hospitalized or prescribed medication, 2) refusal to continue research

Intervention groups

The study groups consist of three groups, the first group will receive interoceptive desensitization, the second group will receive exteroceptive desensitization, and the third group will receive progressive muscle relaxation

treatment as the active control group.

Main outcome variables

State-trait Anxiety Beck scale for anxiety Mindfulness Based Self-efficacy Sale SCL-90

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220113053705N1**

Registration date: **2022-02-01, 1400/11/12**

Registration timing: **prospective**

Last update: **2022-02-01, 1400/11/12**

Update count: **0**

Registration date

2022-02-01, 1400/11/12

Registrant information

Name

Fateh Sohrabi

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 87 3371 8025

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-20, 1400/12/01

Expected recruitment end date

2022-07-23, 1401/05/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of mindful interoceptive desensitization and behavioral exteroceptive desensitization in reducing the anxiety symptoms

Public title
Comparing the effectiveness of mindful interoceptive desensitization and behavioral exteroceptive desensitization

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
 having the consent to participate in the study, having a score of 16 in the Beck Anxiety Inventory, not having psychotic symptoms or a recognizable psychotic disorder (assessed by a clinical psychologist), not having an acute cognitive problem, not participating in a Simultaneous psychological intervention, not receiving medication for psychological problems, not having suicidal thoughts
Exclusion criteria:
 the necessity of hospitalization or proscribing medication being resentful for continuing the research

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
All eligible individuals are assigned a code in the form of ordinal numbers and then randomly selected by drawing lots. the first of thirty subjects assigned to intervention group 1 (introversion desensitization), the second thirty to intervention group 2 (extroversion desensitization), And 30 people will be assigned to the active control group (progressive muscle relaxation).

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

research Ethicscommittees of school of medicine-
Shahid Beheshti University of medical sciences

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Next to Taleghani Hospital, Shahid Beheshti
University of Medical Sciences, Shahid Erabi St,
Velenjak

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Province

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Postal code

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Approval date

2021-07-13, 1400/04/22

Ethics committee reference number

IR.SBMU.MSP.REC.1400.238

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

State and Trait Anxiety: Measures the characteristics of persistent and unstable anxiety symptoms,

Timepoint

Participants will evaluated in the three level of time;
Before the intervention (pre-test stage), after the intervention (post-test stage), and after the intervention (follow-up)

Method of measurement

State and Trait Anxiety Questionnaire,

2

Description

Beck anxiety; measures anxiety in general based on its symptoms,

Timepoint

Participants will evaluated in the three level of time;
Before the intervention (pre-test stage), after the intervention (post-test stage), and after the intervention (follow-up)

Method of measurement

Beck Anxiety Scale,

3

Description

Mindfulness-based self-efficacy: Measures a person's sense of effectiveness based on symptoms (toward symptoms of anxiety),

Timepoint

Participants will be evaluated in the three levels of time; Before the intervention (pre-test stage), after the intervention (post-test stage), and after the intervention (follow-up)

Method of measurement

Mindfulness-Based Self-Efficacy Scale,

4

Description

Symptom Checklist-90 that also measures the total psychological symptoms other than anxiety.

Timepoint

Participants will be evaluated in the three levels of time; Before the intervention (pre-test stage), after the intervention (post-test stage), and after the intervention (follow-up)

Method of measurement

Symptoms Checklist 90 (SCL-90)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: This group receives 4 sessions of Mindfulness integrated Cognitive-Behavioral Therapy combined as an interoceptive desensitization program. In that, the process of desensitization will be according to the protocol.

Category

Treatment - Other

2

Description

Intervention group 2: This group, called the interoceptive desensitization group, receives 4 sessions of regular desensitization treatment, in which the extrinsic desensitization process is performed according to the treatment protocol.

Category

Treatment - Other

3

Description

Control group: This group, as an active control group, receives 4 sessions of progressive muscle relaxation treatment according to the treatment protocol of the relevant process.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani Hospital

Full name of responsible person

Fateh Sohrabi

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Psychology Clinic of Taleghani Hospital, Shahid Beheshti University of Medical Sciences, Shahid Arabi St, Velenjak.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

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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

Shahid Beheshti University of Medical Sciences

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**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Maryam Bakhtyari

Position

Professor in Clinical Psychology

Latest degree

Ph.D.

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 here

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

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

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