Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of Mindfulness-Based Cognitive Therapy on Anxiety and Burnout of Treatment Staff That Exposed to Covid_19

Protocol summary

Study aim
Determining the effectiveness of mindfulness-based cognitive therapy on anxiety of treatment staff in contact with COVID_19. Determining the effectiveness of mindfulness-based cognitive therapy on the components of burnout in medical staff in contact with COVID_19.

Design
The study will be done in two groups, a control group and an experimental group. The subjects will be selected voluntarily but the assignment in the two groups will be done randomly with a lottery table. The total number of subjects will be 40 who will be divided into two groups.

Settings and conduct
Therapy will be done through the Skype program, eight one-hour sessions. All pre-tests and post-tests will be done through the PorsLine link or manual forms.

Participants/Inclusion and exclusion criteria
Admission requirements: conscious satisfaction; obtaining a score above 15 in the Beck Anxiety Questionnaire; optimal physical and mental condition to participate in the study; there is no specific age limit. Exclusion criteria: simultaneous receipt of other psychological or pharmacological interventions؛ at least two weeks before the start of the intervention; change of the subject's opinion about participating in the study.

Intervention groups
Mindfulness-based cognitive therapy is performed virtually on Skype in eight one-hour sessions one week apart. For the control group, the same treatment will be performed after the end of the study.

Main outcome variables
Anxiety; job burnout

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220203053924N1**
Registration date: **2022-04-10, 1401/01/21**
Registration timing: **prospective**

Last update: **2022-04-10, 1401/01/21**
Update count: **0**

Registration date
2022-04-10, 1401/01/21

Registrant information

Name
Maryam Tahmasbi Abdar
Name of organization / entity
Allameh Tabata'i University
Country
Iran (Islamic Republic of)
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+98 34 3411 3925
Email address
faribatahmasbi2020@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-04-14, 1401/01/25

Expected recruitment end date
2022-04-20, 1401/01/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of Mindfulness-Based Cognitive Therapy on Anxiety and Burnout of Treatment Staff That Exposed to Covid_19

Public title

Effectiveness of Mindfulness-Based Cognitive Therapy on Anxiety and Burnout of Treatment Staff That Exposed to COVID_19

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Subjects should be medical staff who have been in contact with COVID_19 disease. A score higher than fifteen in the Beck Anxiety Inventory

Exclusion criteria:
Subjects undergoing psychological treatment or medication to reduce anxiety or burnout will be excluded from the study.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling will be done voluntarily, but the subjects will be assigned to the experimental and control groups randomly and by drawing lots with a random number table.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The study will be performed with two groups of control and experimental, pre-test will be taken from both groups and then treatment will be performed for the control group. A post-test will be performed after treatment and a post-test will be performed at intervals. At the end of the study, treatment will be performed for the control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee in Biomedical Research Allameh Tabatabai University

Street address
Allameh Tabatabai University, Intersection of Olympic Village, The west Shahid Hemmat Highway., Tehran

City
Tehran

Province
Tehran

Postal code
1489684511

Approval date
2022-01-09, 1400/10/19

Ethics committee reference number
IRATU.REC.1400.064

Health conditions studied

1

Description of health condition studied
Covid-19 disease

ICD-10 code
U07.1

ICD-10 code description
covid-19, virus identified

Primary outcomes

1

Description
Beck anxiety score

Timepoint
Before the intervention, immediately after the intervention, two months after the end of the intervention

Method of measurement
Beck Anxiety Questionnaire.

2

Description
Maslach burnout score

Timepoint
Before the intervention, immediately after the intervention, two months after the end of the intervention.

Method of measurement
Maslach Burnout Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Mindfulness-based cognitive therapy, according to Rebecca Crane's instructions, will be performed in eight one-hour sessions (one session per week) in a virtual and group setting. This therapy revolves around mindfulness exercises and being here and now and paying full attention to what is going on inside or outside the person; is. All relevant mindfulness techniques are

taught in each session and subjects are asked to apply the techniques to learn properly. Between treatment sessions, subjects are given home exercises that will help stabilize the treatment. All questions and ambiguities of the subjects will be answered in the intervals between sessions. Treatment will take about two months.

Category

Treatment - Other

2

Description

Control group: No treatment is provided in the control group during the study. Only pre-tests and post-tests are taken (one after the intervention of the experimental group and the other two months apart). If the members of the control group wish, after the end of the research, mindfulness-based cognitive therapy will be performed in the same way as the presentation to the intervention group. That is, the treatment will be performed in eight one-hour sessions with home exercises and answering the subjects' questions.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehregan Hospital

Full name of responsible person

Maryam Tahmasbi Abdar

Street address

Mehregan hospital, 3 Alley., Shahid Kamyab street, Kerman, Iran

City

Kerman

Province

Kerman

Postal code

7751936863

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Allameh Tabataba'i University

Full name of responsible person

Seyed Jalal Dehghani Firoozabadi

Street address

Allameh Tabataba'i University., The intersection of the Olympic Village., The West Shahid Hemmat Highway.

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deghani@atu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Allameh Tabataba'i 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

Allameh Tabataba'i University

Full name of responsible person

Maryam Tahmasbi Abdar

Position

Master Student of Clinical Psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Allameh Tabata'i University

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Person responsible for updating data

Contact

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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
The data file will not be shared, only the results of the research will be published.

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is 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
Yes - There is 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
Not applicable

Title and more details about the data/document
Individual data obtained from the subjects will not be published. Only the results of the research will be published in the form of a master's thesis and finally in the form of an article.

When the data will become available and for how long
The results will be available after the thesis is completed and the article is published. From September 2022.

To whom data/document is available
Only research members of Allameh Tabatabai University (if required), supervisor, advisor and researcher will have access to the data.

Under which criteria data/document could be used
A study is an academic study and no individual or organization will have access to the documents except the relevant academic people. The access request will be made only with the approval of the university.

From where data/document is obtainable
Access to the documents will be done with the approval of Allameh Tabatabai University Research Organization. Seyed Jalal Dehghani Firoozabadi, Assistant of Research organization , Allameh Tabatabai University, 02144737561

What processes are involved for a request to access data/document
Access to the documents will be done with the approval of Allameh Tabatabai University Research Organization. Seyed Jalal Dehghani Firoozabadi, Assistant of Research organization , Allameh Tabatabai University, 02144737561

Comments