

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 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)

Phone

+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

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7751936863

Phone

+98 34 3222 0210

Email

faribatahmasbi2020@gmail.com

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

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

Allameh Tabata'i University

Full name of responsible person

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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