

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effectiveness of cognitive therapy based on mindfulness on the cognitive regulation of emotions, severity of migraine psychosomatic symptoms and stress coping styles among women with migraine.

Protocol summary

Study aim

determine the effectiveness of cognitive therapy based on mindfulness on cognitive regulation of emotions, severity of psycho-physical symptoms of migraine and stress coping styles among women with migraine.

Design

A clinical trial with a control group, with parallel groups, without a blind strain and randomized on 32 patients, rand function of Excel software was used for randomization.

Settings and conduct

After referring to neurologists in Khorramabad city, 32 patients were selected as available and randomly assigned to the test and control groups from among the female patients with migraine who met the criteria for entering the study and willing to cooperate in the research. Cognitive therapy sessions based on mindfulness were conducted by the researcher on the experimental group for 8 sessions of 45 minutes. A post-test was taken before the intervention and after the intervention on both groups.

Participants/Inclusion and exclusion criteria

Entry requirements 1- The age range of women suffering from migraine disease should be from 20 to 50 years. 2- Women suffering from migraine should express their consent to participate in the research. Non-entry conditions 1- Using drugs, alcohol, or suffering from a diagnosed mental disorder, 2- Declaring dissatisfaction with participation in intervention courses,

Intervention groups

In order to improve the effectiveness of cognitive therapy based on mindfulness on the variables of increasing the cognitive regulation of emotions, reducing the severity of psychosomatic symptoms of migraine and improving the coping styles of stress in women with migraine, two groups performed the pre-test. The intervention group was treated during 8 sessions. and

the control group was without any training,

Main outcome variables

cognitive regulation of emotions, the severity of migraine psychosomatic symptoms, and stress coping styles

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221218056852N1**

Registration date: **2023-02-19, 1401/11/30**

Registration timing: **retrospective**

Last update: **2023-02-19, 1401/11/30**

Update count: **0**

Registration date

2023-02-19, 1401/11/30

Registrant information

Name

Ameneh Shahverdi

Name of organization / entity

Naser Khosro Institute of Higher Education

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-23, 1401/08/01

Expected recruitment end date

2022-11-22, 1401/09/01

Actual recruitment start date

2022-10-23, 1401/08/01

Actual recruitment end date

2022-11-11, 1401/08/20

Trial completion date

2022-11-11, 1401/08/20

Scientific title

The effectiveness of cognitive therapy based on mindfulness on the cognitive regulation of emotions, severity of migraine psychosomatic symptoms and stress coping styles among women with migraine.

Public title

The effectiveness of cognitive therapy based on mindfulness among women with migraine.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

1- The age range of women suffering from migraine disease should be from 20 to 50 years 2- Women suffering from migraine should express their consent to participate in the research. 3- Women with migraine do not have a history of suffering from a mental disorder diagnosed by a psychologist or psychiatrist, or a history of addiction to drugs and alcohol. 4- Women with migraine do not have a history of receiving treatment from a psychotherapist

Exclusion criteria:

1- Using drugs, alcohol, or suffering from a diagnosed mental disorder 2- Declaring dissatisfaction with participation in intervention courses 3- Defects in pre-test questionnaires 4- Absence of more than 1 session in the intervention sessions and defects in the post-test questionnaires

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

Actual sample size reached: **32**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The method of this research is semi-experimental (pre-test - post-test with control group). period. Research design experiment 16 pre-test X post-test Control 16 pre-test - post-test

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Lorestan University of Medical Sciences

Street address

Pardis Kamalvand

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Postal code

6813833946

Approval date

2022-10-22, 1401/07/30

Ethics committee reference number

IR.LUMS.REC.1401.172

Health conditions studied**1****Description of health condition studied**

Migraine

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

The percentage of people who have a psychosomatic migraine symptom severity questionnaire score above 25.

Timepoint

Conducting a pre-test before the implementation of the intervention and a post-test review after two months (8 sessions) that the implementation of the intervention takes. November 21 to January 20

Method of measurement

Questionnaire of severity of psychosomatic symptoms of migraine Najarian (1376)

2**Description**

Cognitive emotion regulation questionnaire score

Timepoint

Questionnaire of severity of psychosomatic symptoms of migraine Najarian (1376)

Method of measurement

Garnefsky's Cognitive Emotion Regulation Questionnaire (2001)

3

Description

Score of stress coping styles questionnaire

Timepoint

Conducting a pre-test before the implementation of the intervention and a post-test review after two months (8 sessions) that the implementation of the intervention takes. November 21 to January 20

Method of measurement

Billings and Moss (1981) stress coping styles questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Cognitive therapy sessions based on mindfulness were conducted for 8 sessions of 45 minutes. The first session: introduction of the participants and a brief description of the 8 sessions of the raisin eating technique, followed by body scan meditation for 30 minutes. Homework: presence in the moment and expansion. Giving the raisin eating technique to other activities, doing body scan meditation and discussing it. The second session: Homework review, the difference between thoughts and feelings. Do meditation. Task: Mindfulness of a pleasant event, doing sitting meditation and body scan, exercise of seeing and hearing, sitting meditation, third session: discussing homework, doing one of the exercises of mindful movements. Homework: sitting meditation, body scan, exercise 3 One minute breathing space. Fourth session: sitting meditation with attention to breathing, discussion about stress responses and a person's reaction to difficult situations. Practicing mindful walking. Assignments: sitting meditation, body scan or one of the body movements of the conscious mind and 3-minute breathing space practice (in an unpleasant event). Sitting meditation. Fifth session: presenting and performing the movements of the conscious mind. Assignments: sitting meditation, breathing space Three minutes in an unpleasant event and mindfulness of a new daily activity. Three-minute breathing space exercise. Sixth session: Discussion about homework. Presenting an exercise with the title of creating, thinking, separate views. Accepting feelings as feelings. Assignments: Choose a combination of meditations of personal preference plus practice a three-minute breathing space on an unpleasant event and mindfulness of a new daily activity. Seventh session: four-dimensional meditation. Practice session: What is the best way to take care of myself? Teaching acceptance without judgment. Assignments: meditation, three-minute breathing exercise in an unpleasant event, mindfulness of a new daily activity. Eighth session: body scan. Three-minute breathing space exercise. Discussing the methods of dealing with the obstacles of doing meditation. Asking questions about the entire session.

Category

Behavior

2

Description

Control group: 32 people who referred to the office of neurologists were voluntarily and available, whose migraine questionnaire score was above 25, and two questionnaires on cognitive regulation of emotion and coping styles were also implemented on them, then they were randomly divided into two groups of 16 people, and no intervention It was not done on the control group, and then a post-test was taken with the experimental group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Office of Dr. Hamzeh Ali Asadi, Sepenta building

Full name of responsible person

Ameneh Shahverdi

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2

Recruitment center

Name of recruitment center

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Sponsors / Funding sources

1

Sponsor

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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?**

No

Title of funding source

student

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**

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Nasser Khosrow Saveh Institute of Higher Education

Full name of responsible person

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Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

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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

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

In this research, the data was analyzed at two descriptive and inferential levels. So that in the descriptive part, the frequency, percentage, mean and

standard deviation of the findings were displayed, and in the inferential level, the Kolmogorov-Smirnov test was first used to check the normality of the research variables, then the research hypotheses. It was analyzed using the statistical method of multivariate analysis of covariance and univariate covariance analysis in the text of multivariate covariance analysis and SPSS version 23 software.

When the data will become available and for how long

Unlimited time

To whom data/document is available

Organizations and licensed professionals

Under which criteria data/document could be used

According to the needs of the applicant

From where data/document is obtainable

Ameneh Shahverdi

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

Written request

Comments