

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effectiveness mindfulness-based strengths practice MBSP and cognitive behavioral training on psychological well-being, life satisfaction, future anxiety and perceived stress in gifted students

Protocol summary

Study aim

This research seeks the following goals: A) The main goal: 1- Determining the comparison of the effectiveness of positive points practice training based on mindfulness and cognitive behavioral training on psychological well-being, life satisfaction, future anxiety and perceived stress of gifted students 2- Providing the necessary guidelines and suggestions to mental health practitioners, counseling and in schools and education.

Design

Clinical trial with control group, with parallel groups, on 45 patients, SPSS software will be used.

Settings and conduct

Girls Highschool The method is experimental. The research design is semi-experimental with a pre-test-post-test design with a control group and a follow-up stage.

Participants/Inclusion and exclusion criteria

Entry criteria: 1- Low score in psychological well-being questionnaire 2- Students have physical symptoms (headache, nausea, discomfort and pain in the chest and abdomen, palpitations, sweating, weakness) 3- Desire and informed consent 4- Having physical health to the extent of participating in the class and taking the test through a psychological interview Exit criteria: 1- Absence of more than 2 sessions in the training course 2- Children of divorce 3- Completing incomplete and invalid questionnaires

Intervention groups

Two experimental groups and one control group are randomly divided into three groups of 15 people, and pre-test and post-test are conducted on all three groups, and only two experimental groups are trained, and the control group does not receive training.

Main outcome variables

Strengthening positivity, controlling negative thoughts and feelings, emphasizing strengths, stress, increasing

impact, increasing health and psychological well-being in students and creating relaxation.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230306057632N1**

Registration date: **2023-05-13, 1402/02/23**

Registration timing: **registered_while_recruiting**

Last update: **2023-05-13, 1402/02/23**

Update count: **0**

Registration date

2023-05-13, 1402/02/23

Registrant information

Name

Fatemeh Kamran

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-02-19, 1401/11/30

Expected recruitment end date

2023-06-09, 1402/03/19

Actual recruitment start date

empty

Actual recruitment end date

empty	Street address Islamic Azad University, Sari branch Km 7 of Darya Road (Farahabad), Khazar Square
Trial completion date empty	City Sari
Scientific title Comparison of the effectiveness mindfulness-based strengths practice MBSP and cognitive behavioral training on psychological well-being, life satisfaction, future anxiety and perceived stress in gifted students	Province Mazandaran
Public title Comparison of the effectiveness mindfulness-based strengths practice MBSP and cognitive behavioral training	Postal code ۱۹۴-۴۸۱۶۴
Purpose Education/Guidance	Approval date 2023-02-15, 1401/11/26
Inclusion/Exclusion criteria Inclusion criteria: Low score in the psychological well-being questionnaire Students have physical symptoms (headache, nausea, discomfort and pain in the chest and abdomen, palpitations, sweating, weakness) Desire and informed consent Having physical health to the extent of participating in class and taking the test through a psychological interview Exclusion criteria: Absence of more than 2 sessions in the training course Children of divorce Completing incomplete and invalid questionnaires	Ethics committee reference number IR.IAU.SARI.REC.1401.253
Age From 13 years old to 18 years old	Health conditions studied
Gender Female	1 Description of health condition studied Psychological well-being ICD-10 code F40-F48 ICD-10 code description Mental and behavioural disorders
Phase N/A	2 Description of health condition studied The level of satisfaction with life ICD-10 code F90-F98 ICD-10 code description Behavioural and emotional disorders with onset usually occurring in childhood and adolescence
Groups that have been masked <i>No information</i>	3 Description of health condition studied Future anxiety and dark anxiety ICD-10 code F30-F39 ICD-10 code description F30-F39 Mood [affective] disorders
Sample size Target sample size: 45	4 Description of health condition studied Stress ICD-10 code F40-F48 ICD-10 code description Neurotic, stress-related and somatoform disorders
Randomization (investigator's opinion) Not randomized	Primary outcomes
Randomization description	1 Description Life satisfaction score in Diner's questionnaire
Blinding (investigator's opinion) Not blinded	Timepoint At the beginning of the study and 8 weeks later and 45 days later
Blinding description	
Placebo Not used	
Assignment Parallel	
Other design features	
Secondary Ids empty	
Ethics committees	
1 Ethics committee Name of ethics committee National Biomedical Research Ethics System	

Method of measurement

Diener's Life Satisfaction Questionnaire

2

Description

Psychological well-being score in Ryff's questionnaire

Timepoint

At the beginning of the study and 8 weeks later and 45 days later

Method of measurement

Ryff psychological well-being questionnaire

3

Description

Dark anxiety score in Zaleski, Sobol-Kwapinska questionnaire

Timepoint

At the beginning of the study and 8 weeks later and 45 days later

Method of measurement

Zaleski, Sobol-Kwapinska, Przepiorka & Meisner dark anxiety questionnaire

4

Description

Perceived stress score in Cohen's questionnaire

Timepoint

At the beginning of the study and 8 weeks later and 45 days later

Method of measurement

Cohen's Perceived Stress Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Experimental group 1 who are trained to practice strengths based on mindfulness.

Category

N/A

2

Description

Intervention group: experimental group 2 who are subjected to cognitive behavioral training.

Category

N/A

3

Description

Control group: This group does not receive any training.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Talented High School for Girls

Full name of responsible person

Kusoom Babaei

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Mousavi St, Khairian Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Hossein Naghipour

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Islamic Azad University, Sari branch, Khazar Square, km 7 of Darya Road (Farahabad), Khazar Sq, Sari

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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

Islamic Azad University

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

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Person responsible for general inquiries

Contact

Name of organization / entity

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Full name of responsible person

Fatemeh Kamran

Position

PhD student

Latest degree

Master

Other areas of specialty/work

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Phone

Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

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