Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

comparison of the mindfulness-based cognitive therapy (MBCT) and acceptance and commitment therapy (ACT) on reducing of anxiety and depression in adolescents with Internet addiction

Protocol summary

Study aim
Determining and comparing the effectiveness of cognitive therapy based on mindfulness and therapy based on reducing anxiety, depression and Internet addiction in adolescents with Internet addiction.

Design
parallel- randomized blined

Settings and conduct
The place is in Tuysarkan city. Educational classes in one of the schools of this city. and conducted by a trained instructor with the permission of the school principal. Some sessions are held in the summer and some in the fall. The students who participate in the research do not know about the effect of the interventions on the desired variables.

Participants/Inclusion and exclusion criteria
Be a first high school student. Young's internet addiction test score is 50 or higher. Their state anxiety test score should be 43 or above and their trait anxiety score should be above 46. Their depression scale score is above 77. Do not use other psychotherapy services at the same time as participating in the research. They are interested in participating in the research and declare it with a written consent.

Intervention groups
mindfulness-based cognitive therapy group and acceptance and commitment therapy

Main outcome variables
anxiety- depression-internet addiction

General information

Reason for update
Changing the person responsible for answering questions and the person responsible for scientific research

Acronym

IRCT registration information
IRCT registration number: **IRCT20230102057027N1**
Registration date: **2023-08-19, 1402/05/28**
Registration timing: **registered_while_recruiting**

Last update: **2024-11-24, 1403/09/04**
Update count: **2**

Registration date
2023-08-19, 1402/05/28

Registrant information

Name
Masume Bakhtiari

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 81 3494 8425

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bakhtiarimasume@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-06-22, 1402/04/01

Expected recruitment end date
2024-10-21, 1403/07/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
comparison of the mindfulness-based cognitive therapy (MBCT) and acceptance and commitment therapy (ACT) on reducing of anxiety and depression in adolescents

with Internet addiction

Public title
comparison of the mindfulness-based cognitive therapy (MBCT) and acceptance and commitment therapy (ACT) on reducing of anxiety and depression in adolescents with Internet addiction

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Be a first high school student.Young's internet addiction test score is 50 or higher .Their state anxiety test score should be 43 or above and their trait anxiety score should be above 46.Their depression scale score is above 77.Do not use other psychotherapy services at the same time as participating in the research.They are interested in participating in the research and declare it with a written consent.

Exclusion criteria:
After starting the research, they should undergo drug therapy or other psychotherapy.Absence for more than four sessions.

Age
From **12 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
First, it was announced to all secondary girls' schools of the city to register students who spend a lot of time on the Internet and who are interested in participating in research. 169 students declared cooperation and were registered. These people responded to Young's Internet Addiction Questionnaire. 152 people who were eligible were evaluated in the next stage by Spielberger trait and state anxiety questionnaire and Reynolds adolescent depression questionnaire. 111 people were diagnosed with anxiety and 58 people with depression. Then the obtained scores were checked, 45 people who had anxiety and depression at the same time were selected for the sample group and randomly assigned to two intervention groups of 15 people and a control group of 15 people.

Blinding (investigator's opinion)
Single blinded

Blinding description
The students participating in the research do not know the effect of the intervention on the research variables.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Islamic Azad University - North Tehran branch

Street address
Shahid Babaei Highway - Sadougi St. - Faithful Blvd

City
tehran

Province
Tehran

Postal code
1651153511

Approval date
2023-07-16, 1402/04/25

Ethics committee reference number
IR.IAU.TNB.REC.1402.040

Health conditions studied

1

Description of health condition studied
Internet addicted with mild depression and anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
anxiety

Timepoint
pre intervention- a week after intervention- 3 months after intervention

Method of measurement
inventory

2

Description
depression

Timepoint
pre intervention- a week after intervention- 3 months after intervention

Method of measurement
inventory

3

Description
Internet addiction

Timepoint
pre intervention- a week after intervention- 3 months after intervention

Method of measurement
inventory

Secondary outcomes

empty

Intervention groups

1

Description
mindfulness- based cognitive therapy
Category
Rehabilitation

2

Description
acceptance and commtment therapy
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
AZAHRA middle school and high school
Full name of responsible person
masume suri
Street address
serkan- Janbazan square- Shahid Beheshti boulevard
City
tuyserkan
Province
Hamadan
Postal code
6584134194
Phone
+98 81 3493 9334
Email
azahraserkan@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad university
Full name of responsible person
dr samane yazdani
Street address
Shahid Babaei highway (west to east), Hakimiya exit, Shahid Sadoughi street, Fafadar Boulevard
City
tehran
Province
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Postal code
1651153511
Phone
+98 21 7700 9801
Email
ravabet-omomi@iau-tnb.ac.ir
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
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
Iran University of Medical Sciences
Full name of responsible person
Mojtaba Habibi asgarabad
Position
professor
Latest degree
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Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad university
Full name of responsible person
masume bakhtiari
Position
student
Latest degree
A Level or less
Other areas of specialty/work
Psychology
Street address
Shahid Babaei highway (west to east), Hakimiya exit, Shahid Sadoughi street, Fafadar Boulevard
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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
No - There is not 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