

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 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 blinded

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

Email address

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

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tuysarkan

Province

Hamadan

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6584134194

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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,

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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

Ph.D.

Other areas of specialty/work

Psychology

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Web page address**Person responsible for scientific 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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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

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,