Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in peaple with emotional failure

Protocol summary

Study aim

Investigating mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in peaple with emotional failure

Design

Single-subject experimental design using the baseline method (with three baselines) and a one-month follow-up period Samples(voluntary) were invited through advertisement. In the beginning, 9 people applied and during the initial interview, 6 people who met the conditions to enter the research were selected, and one person was removed during the research due to having criteria for exiting the research.

Settings and conduct

At first, all the necessary permits to conduct the research were received. The participants included 3 girls and 3 boys; At the beginning, once a week, the questionnaires related to love shock syndrome, quality of life, psychological acceptance and compassion were administered, which were embedded virtually and in Google Form, and the link It was made available to the participants to fill out. Then cognitive therapy intervention based on mindfulness in the form of 8 one-hour sessions Began. And in the third, fifth and eighth sessions, the questionnaires were filled again by the participants.

Participants/Inclusion and exclusion criteria

Being in the age range of 18 to 38 years Obtaining an emotional failure scale score above 15 Lack of experience of: death of first degree family members/ psychiatric drug/ substance abuse/other treatments/Consent to participate in meetings until the end of treatment

Intervention groups

this design can show the stability of the effects of the intervention for each person

Main outcome variables

Cognitive therapy based on mindfulness is effective on emotional failure and variables such as quality of life, psychological acceptance and compassion.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230727058943N1**
Registration date: **2023-08-20, 1402/05/29**
Registration timing: **retrospective**

Last update: **2023-08-20, 1402/05/29**
Update count: **0**

Registration date

2023-08-20, 1402/05/29

Registrant information

Name

donya fami tafreshi

Name of organization / entity

The University of khatam

Country

Iran (Islamic Republic of)

Phone

+98 21 4473 5152

Email address

d.tafreshi@khatam.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-21, 1402/01/01

Expected recruitment end date

2023-04-21, 1402/02/01

Actual recruitment start date

2023-03-21, 1402/01/01

Actual recruitment end date

2023-04-21, 1402/02/01

Trial completion date

2023-07-30, 1402/05/08

Scientific title

The effectiveness of mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in peaple with emotional failure

Public title

The effectiveness of mindfulness- based cognitive therapy in peaple with emotional failure

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Being in the age range of 18 to 38 years Obtaining an emotional failure scale score above 15 Consent to attend and participate in meetings until the end of treatment

Exclusion criteria:

The experience of the death of family members Taking psychiatric drugs Drug abuse Use of other treatments

Age

From **18 years** old to **38 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **6**

Actual sample size reached: **5**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shahid Beheshti University

Street address

Khatam University, No. 30, Hakim Azam St., Shiraz Shamali St., Mollasadra St., Tehran

City

Tehran

Province

Tehran

Postal code

1991633357

Approval date

2023-03-07, 1401/12/16

Ethics committee reference number

IR.SBU.REC.1402.071

Health conditions studied

1

Description of health condition studied

emotional failure

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The effectiveness of mindfulness-based cognitive therapy on emotional failure

Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

Method of measurement

Ross love failure questionnaire

Secondary outcomes

1

Description

quality of life

Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

Method of measurement

World Health Organization Quality of Life Questionnaire (WHO-QOL-BREF) short form

2

Description

psychological acceptance

Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

Method of measurement

Acceptance and Action Questionnaire - Second Edition (AAQ-II)

3

Description

self-compassion

Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

Method of measurement

Compassion Questionnaire (SCS-SF)

Intervention groups

1

Description

Intervention group: Using cognitive therapy protocol based on mindfulness in 8 sessions

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

There was no special center

Full name of responsible person

Donya fami tfreshi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Khatam University

Full name of responsible person

Dr. Bahauddin Shariat

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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

Khatam 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

Person responsible for general inquiries

Contact

Name of organization / entity

Khatam University

Full name of responsible person

donya fami tafreshi

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Khatam University

Full name of responsible person

Marzieh Hashemi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for updating data

Contact
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Full name of responsible person
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Position
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Latest degree
Master
Other areas of specialty/work
Psychology
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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
No - There is not a plan to make this available
Title and more details about the data/document
It will be published as an article
When the data will become available and for how long
After the defense at the end of September
To whom data/document is available
researchers
Under which criteria data/document could be used
I have no special conditions
From where data/document is obtainable
Researcher and University
What processes are involved for a request to access data/document
It will be published as an article
Comments