

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Effectiveness of mindfulness-based stress intervention on the experience of grief, feeling of social isolation, and cognitive-emotional regulation of martyrs' wives

Protocol summary

Study aim

Effectiveness of mindfulness-based stress intervention on the experience of grief, feeling of social isolation, and cognitive-emotional regulation of martyrs' wives

Design

A clinical trial including an experimental group and a control group, randomized in a simple way, with pre-test and post-test on 40 wives of martyrs.

Settings and conduct

The experimental group will undergo an 8-week course of stress intervention based on mindfulness, meditation and yoga relaxation techniques (stretching exercises and mindful movement exercises), but the control group will not receive any intervention. Both the experimental group and the control group are measured twice (pre-test and post-test) separately. The performance will be performed among the wives of the martyrs of Zahedan city in 8 sessions of 90 minutes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Commitment to continuous participation in training sessions, the same conditions for the spouses of the martyrs, the same conditions for the intervention group and the control group

Intervention groups

The design of training sessions will be conducted in 8 sessions of 90 minutes using the method of stress intervention based on mindfulness according to the effects of bereavement experience. Training in the control group is done by lecture method. Finally, after the completion of the course, the questionnaires on the experience of bereavement, feeling of social isolation, and cognitive emotional regulation will be administered as a post-test among the subjects of the two test groups. will be placed.

Main outcome variables

Bereavement experience, feeling of social isolation, emotional cognitive regulation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231231060577N1**

Registration date: **2024-02-18, 1402/11/29**

Registration timing: **registered_while_recruiting**

Last update: **2024-02-18, 1402/11/29**

Update count: **0**

Registration date

2024-02-18, 1402/11/29

Registrant information

Name

Zeynab Keykha

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 2344 1488

Email address

zkhikha@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-21, 1402/11/01

Expected recruitment end date

2024-05-19, 1403/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of mindfulness-based stress intervention on the experience of grief, feeling of social isolation, and cognitive-emotional regulation of martyrs' wives

Public title

Effectiveness of mindfulness-based stress intervention on the experience of grief, feeling of social isolation, and cognitive-emotional regulation

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Martyr's wife. Commitment to attend regular meetings. The same conditions of the wives of martyrs in the intervention group.

Exclusion criteria:

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, in order to select a sample, 40 spouses of martyrs of Zahedan city who are eligible based on the research entry criteria and who volunteer to participate in the research are selected. Then people are divided into an experimental group (20 people) and a control group (20 people) by simple randomization and using a table of random numbers.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee in Islamic Azad University Research

Street address

Islamic Azad University Complex, Zahedan Branch,
University Street

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743545

Approval date

2023-12-31, 1402/10/10

Ethics committee reference number

IR.IAU.ZAH.REC.1402.092

Health conditions studied

1

Description of health condition studied

The experience of grief

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Feeling of social isolation

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Emotional cognitive regulation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The Experience of Grief

Timepoint

Before the Beginning of the Educational Intervention and
90, 60 Days After the Educational Intervention

Method of measurement

Barrett and Scott Bereavement Experience Questionnaire

2

Description

Feeling of Social Isolation

Timepoint

Before the Beginning of the Educational Intervention and
90, 60 Days After the Educational Interventio

Method of measurement

Chalapi and Amirkafi Social Isolation Questionnaire

3

Description

Cognitive-Emotional Discipline

Timepoint

Before the Beginning of the Educational Intervention and
90, 60 Days After the Educational Interventio

Method of measurement

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: including techniques such as; Deep breathing, scanning and observing the body in a mindful way, meditation and yoga relaxation techniques (stretching exercises and mindful movement exercises) will be held.

Category

N/A

2

Description

Control group: no educational intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Administration of Shahid Foundation of Zahedan city

Full name of responsible person

Zainab Kikha

Street address

Khorramshahr St

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9817819135

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zkhikha@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad university

Full name of responsible person

Kambiz Narmashiri

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University@iauzah.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

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

Islamic Azad University

Full name of responsible person

Ali Arab

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad university

Full name of responsible person

Zainab Kikha

Position

PhD student

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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Information on the main outcomes is shared.

When the data will become available and for how long

Access starts from 1403

To whom data/document is available

Supervisor, Advisor and Referees

Under which criteria data/document could be used

Checking the accuracy of the statistical data provided

From where data/document is obtainable

Contact the main researcher through the university's research unit, email address: zkhikh@gmail.com Contact number: 09151406028

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

Reviewing the submitted research report, requesting to send data files via email address with the researcher's contact number. Sending data files by the researcher via email, research assistant system or internal social messengers

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad university

Full name of responsible person

Ali Arab

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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