Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

Granifsky and Kraij Standard Cognitive-Emotional Ordering Questionnaire

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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad university
Full name of responsible person
Kambiz Narmashiri
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Islamic Azad University Complex, Zahedan Branch, University Street
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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
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
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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