

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Aug 2026

Comparing the effectiveness of mindfulness-based stress reduction therapy with cognitive behavioral therapy on symptoms of depression and illness anxiety in adolescents aged 14 to 18 years

Protocol summary

Study aim

The purpose of the study was to compare the effectiveness of mindfulness-based stress reduction therapy with cognitive-behavioral therapy on reducing symptoms of depression and anxiety in adolescents aged 14-18 years with cyberchondria, which will be conducted in the city of Isfahan.

Design

The study population in each group is determined to be 15 people. The sample size is considered to be 45 people. The sampling method is purposive. In each set, the sample individuals are screened by administering the Cyberchondria questionnaire. The selected sample is randomly placed in the experimental and control groups. The subjects in the experimental group are randomly assigned to two groups, undergoing therapeutic interventions. The control group will not receive any intervention. Post-tests are conducted on the experimental and control groups.

Settings and conduct

In adolescents with cyberchondria in Isfahan

Participants/Inclusion and exclusion criteria

Inclusion criteria: Informed consent to participate in the research - Adolescents aged 14 to 18 - Adolescents living in Isfahan - Suffering from cyberchondria according to expert opinion and cyberchondria questionnaire - Suffering from other psychological disorders
Exclusion criteria: Failure to cooperate to continue the project - Absence of more than two sessions of therapy
Receiving simultaneous pharmacological and psychological interventions - Adolescents living in other cities of Isfahan province

Intervention groups

Intervention group based on cognitive and behavioral therapy and intervention group based on mindfulness-based stress reduction therapy

Main outcome variables

Mindfulness-based stress reduction therapy and cognitive behavioral therapy, depression and illness anxiety

General information

Reason for update

Acronym

CBTMBSR

IRCT registration information

IRCT registration number: **IRCT20250201064584N1**

Registration date: **2025-03-12, 1403/12/22**

Registration timing: **prospective**

Last update: **2025-03-12, 1403/12/22**

Update count: **0**

Registration date

2025-03-12, 1403/12/22

Registrant information

Name

Zohreh Rashidi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-04-14, 1404/01/25

Expected recruitment end date

2025-09-06, 1404/06/15

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of mindfulness-based stress reduction therapy with cognitive behavioral therapy on symptoms of depression and illness anxiety in adolescents aged 14 to 18 years

Public title
Comparison of mindfulness-based and cognitive-behavioral stress reduction therapies for adolescents with cyberchondria.

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
A teenager aged 14 to 18 must have cyberchondria syndrome. The subject must not be under any other drug or medical treatment.
Exclusion criteria:

Age
From **14 years** old to **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
In the present study, the research method is applied in terms of purpose and quantitative in terms of data type. Considering the research topic, which is to compare the effectiveness of mindfulness-based stress reduction therapy and cognitive behavioral therapy on depression and health anxiety in adolescents aged 14 to 18 with cyberchondria, the research method is a semi-experimental with a pretest-posttest design with a control group.

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
Islamic Azad University, Arsanjan Branch
Street address
University Boulevard, Islamic Azad University, Arsanjan Branch
City
Arsanjan
Province
Fars
Postal code
۷۳۷۶۱۵۳۱۶۱

Approval date
2025-01-18, 1403/10/29

Ethics committee reference number
ir.iau.a.rec.1403.143

Health conditions studied

1

Description of health condition studied
Cyberchondria

ICD-10 code
F45.20

ICD-10 code description
Hypochondriacal disorder, unspecified

Primary outcomes

1

Description
Depression and illness anxiety

Timepoint
4, 6, and 3 months

Method of measurement
Beck Depression Inventory and Illness Anxiety Inventory

Secondary outcomes
empty

Intervention groups

1

Description
The first intervention group received mindfulness-based stress reduction therapy, the second intervention group received cognitive behavioral therapy, and the third intervention group received no intervention.

Category
Treatment - Other

2

Description
Intervention group:

Category

Recruitment centers**1****Recruitment center****Name of recruitment center**

Tansim Therapy Clinic

Full name of responsible person

Dr. Masoud Motamedi

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East Hasht Behesht Street

City

isfahan

Province

Isfahan

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8154858131

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Full name of responsible person

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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

Didn't have

Proportion provided by this source

1

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Person responsible for general inquiries****Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Dr. Alireza Fili

Position

Faculty

Latest degree

Ph.D.

Other areas of specialty/work

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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

Yes - There is 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

Yes - There is a plan to make this available

Title and more details about the data/document

In the form of scientific and research articles and self-
study booklets for adolescent self-care

When the data will become available and for how long

2025

To whom data/document is available

Experts, professors and researchers

Under which criteria data/document could be used

Research or study of the mental health status of
adolescents

From where data/document is obtainable

Dr. Zohreh Rashidi

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

Three months

Comments