Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of mindfulness-based cognitive therapy on psychological capital and perceived social support of adolescents with academic procrastination

Protocol summary

Study aim
Determining the effectiveness of mindfulness-based cognitive therapy on psychological capital and perceived social support of adolescents with academic procrastination

Design
A randomized, parallel-group, controlled clinical trial was conducted on 30 first-year high school students with academic procrastination. Simple randomization was used for randomization.

Settings and conduct
This study is conducted in junior high schools in Semnan city and its participants include students aged 12 to 15 who are academically procrastinating. After screening, the students are randomly divided into two groups: the experimental group that participates in mindfulness-based cognitive therapy sessions and the control group that only benefits from the regular school educational programs.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Students aged 12 to 15 with high scores on the academic procrastination test, parental consent, and the ability to attend intervention sessions regularly. Exclusion criteria: Having severe psychological disorders requiring specialized treatment, a history of receiving similar treatments within the past 6 months, and having a physical or mental disability affecting participation.

Intervention groups
In this study, the experimental group will participate in eight 90-minute sessions of mindfulness-based cognitive therapy over a period of one month. The content of the sessions includes awareness of the present moment, modification of dysfunctional thoughts, strengthening acceptance and psychological capabilities, and improving social support. The control group will only receive the usual center programs and will not receive any related intervention.

Main outcome variables
Psychological capital, perceived social support

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250223064824N1**
Registration date: **2025-04-08, 1404/01/19**
Registration timing: **prospective**

Last update: **2025-04-08, 1404/01/19**
Update count: **0**

Registration date
2025-04-08, 1404/01/19

Registrant information

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Masoumeh Hosseinpour
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Islamic Azad University, Semnan Branch
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-04-30, 1404/02/10

Expected recruitment end date
2025-05-31, 1404/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness-based cognitive therapy on psychological capital and perceived social support of adolescents with academic procrastination

Public title

The effect of mindfulness-based cognitive therapy on psychological capital and perceived social support

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Students with high scores on the academic procrastination test Teenagers aged 12 to 15 (first year of secondary school) Willingness to voluntarily participate in the research with written parental consent Ability to attend intervention sessions regularly

Exclusion criteria:

Having a formal diagnosis of a severe psychological disorder (such as bipolar disorder, psychosis, or severe depression) that requires specialized treatment. History of receiving similar psychological treatments (cognitive therapy or mindfulness-based interventions) within the past 6 months. Having a physical or mental disability that prevents understanding the content of the sessions or active participation in the intervention process. Lack of consistent access to the meeting location or inability to attend regularly due to family or educational circumstances.

Age

From **12 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, randomization is performed using a simple randomization method with an individual randomization unit. In order to divide participants into two intervention and control groups, 30 cards are prepared, 15 of which have the letter "M" (symbol of the intervention group) written on them and the other 15 have the letter "K" (symbol of the control group) written on them. Then, each participant randomly selects a card from the box containing these cards. Based on the letter written on the card, the individual is assigned to one of the two groups. This method ensures that all participants have an equal chance of being in each group and that the assignment process is carried out fairly and without bias.

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 of Semnan Azad University

Street address

Islamic Azad University, University Town, Semnan

City

Semnan

Province

Semnan

Postal code

3513137111

Approval date

2025-01-27, 1403/11/08

Ethics committee reference number

IR.IAU.SEMNAN.REC.1403.108

Health conditions studied

1

Description of health condition studied

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ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Psychological capital

Timepoint

Before the start of the intervention and after completing 12 intervention sessions.

Method of measurement

Luthans et al.'s (2007) Psychological Capital Questionnaire

2

Description

Perceived social support

Timepoint

Before the start of the intervention and after completing 12 intervention sessions.

Method of measurement

Zimet et al.'s Multidimensional Perceived Social Support Questionnaire (1988)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The experimental group will undergo a mindfulness-based cognitive therapy intervention, which will be held in 8 90-minute weekly sessions. This intervention is designed to reduce academic procrastination, strengthen psychological capital (including self-efficacy, hope, optimism, and resilience), and increase the perception of social support in adolescents. In the initial sessions, participants will be introduced to the basic concepts of mindfulness, automatic thoughts, and their role in avoidance behaviors such as procrastination. Then, they will be taught techniques for focusing on the present moment, accepting without judgment, and increasing awareness of disturbing thoughts and feelings. Next, cognitive therapy methods will be used to identify and reconstruct dysfunctional thoughts, academic limiting beliefs, and cognitive biases. Exercises such as observing thoughts without conflict, positive self-talk, and the thought-stopping technique will be used to reduce rumination and promote self-efficacy. In the mid-to-final sessions, attention to sources of social support, identification of supportive individuals, and strengthening communication skills to benefit from the support of those around them are emphasized. Also, by using mindfulness exercises (such as body scanning, conscious breathing, and thought observation), adolescents are tried to show more flexible and conscious reactions when faced with academic pressures. Finally, a review of the learned skills, creation of practical plans to maintain the exercises in daily life, and increased commitment to behavioral changes are carried out to stabilize the effectiveness of the intervention in the long term.

Category

Treatment - Other

2

Description

Control group: This group does not receive any intervention and serves only as a comparison standard. Participants in this group continue with their usual academic activities and the support they normally receive from school, family, or counselors. During the study, they do not receive any cognitive behavioral therapy-related treatment intervention. The aim of this approach is to leave the control group without intervention so that the results of this group can be compared with the group that has undergone cognitive behavioral therapy. This method allows for a precise assessment of the impact of the intervention on the psychological capital and perceived social support of adolescents with academic procrastination.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Semnan City Education Department

Full name of responsible person
Morad Dost Mohammadian

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Semnan branch

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?
Yes

Title of funding source
Islamic Azad University, Semnan branch

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
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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 this study, data and documentation will be shared in accordance with ethical principles and confidentiality considerations. Individual data of participants will only be published after removing identifying information and in the form of anonymous data. The original data, including the results related to the research variables, will be made available to qualified researchers in the form of a structured dataset without personal information. In addition to quantitative data, methodological documentation of the research, including the study protocol, data collection methods, intervention implementation instructions, and tools used, will also be shared.
When the data will become available and for how long
Data and documentation from this study will be available for one month after the publication of the final results. This time frame is intended to ensure thorough data

analysis and ethical sharing of information.

To whom data/document is available

The data and documentation of this research will be available only to researchers and experts in the relevant scientific field who work in academic institutions, research centers, and reputable scientific organizations. Access requests from independent researchers will also be considered if they submit a relevant research plan and receive approval from the research ethics committee. Access to data for people working in industry will only be possible if they cooperate with academic or research centers and comply with research ethics principles.

Under which criteria data/document could be used

The data and documentation of this study may only be used for scientific and research purposes related to the subject of the study, and any commercial or promotional use is prohibited. Statistical analyses and meta-analyses are permitted in compliance with scientific and ethical principles. The use of data must be in such a way that the identity of the participants cannot be identified. Applicant researchers must submit a formal application, sign an ethical commitment letter, and receive approval from the research ethics committee. Reference to the original source is mandatory, and sharing of data with third parties without official permission is prohibited.

From where data/document is obtainable

If you need data, please contact maryamalizadehhh1993@gmail.com.

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

After receiving the request and reviewing it by the principal investigator, the data will be sent to the applicant within a maximum of one week, along with a commitment not to publish the data without the name of the principal investigator.

Comments