Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of mindfulness training on problem solving, critical thinking, and life expectancy of students with anxiety disorders.

Protocol summary

Study aim
To evaluate the effectiveness of mindfulness training on improving problem-solving skills, critical thinking, and increasing hopefulness among students with anxiety disorder at Islamic Azad University, Ahvaz Branch.

Design
A controlled clinical trial with parallel groups, unblinded, randomized, phase 3 on 60 students with anxiety disorder at Islamic Azad University, Ahvaz Branch. The rand function of Excel software was used for randomization.

Settings and conduct
Background and location: This study will be conducted at Islamic Azad University, Ahvaz Branch on 60 students with anxiety disorder. Methodology: The study will be conducted in a quasi-experimental manner with a pre-test-post-test design and a control group. The intervention group will undergo a mindfulness training program (8 90-minute sessions) and data will be collected with standard questionnaires and analyzed with SPSS-25 software and covariance test. Blinding: One-sided blinding will be applied; in such a way that the data collection assessors and the results analysts will be unaware of the grouping of participants (intervention or control)

Participants/Inclusion and exclusion criteria
Inclusion criteria: Student of Islamic Azad University, Ahvaz Branch, age 18 to 40 years, informed consent to participate in the study, not receiving other psychological interventions during the study. Exclusion criteria: Suffering from a severe psychiatric disorder, participating in a mindfulness training course within the last 6 months,

Intervention groups
Control group: Receive no specific educational intervention and continue with usual university care. Intervention group: Participate in weekly group mindfulness training sessions (8 sessions, 90 minutes each) delivered by a trained psychologist.

Main outcome variables
Problem-solving skills، Critical thinking، Hopefulness

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250703066342N1**
Registration date: **2025-08-27, 1404/06/05**
Registration timing: **registered_while_recruiting**

Last update: **2025-08-27, 1404/06/05**
Update count: **0**

Registration date
2025-08-27, 1404/06/05

Registrant information
Name
ayeh abiyat
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3338 4075
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-08-20, 1404/05/29
Expected recruitment end date
2026-02-18, 1404/11/29
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of mindfulness training on problem solving, critical thinking, and life expectancy of students with anxiety disorders.

Public title
The effectiveness of mindfulness training on problem solving, critical thinking, and life expectancy

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Being a student at Islamic Azad University, Ahvaz Branch Having a diagnosed anxiety disorder by a psychologist or psychiatrist Age between 18 and 30 years Providing informed consent to participate in the study Not receiving other psychological interventions during the study period

Exclusion criteria:
Having a severe psychiatric disorder (such as schizophrenia or bipolar disorder) diagnosed by a psychiatrist Using psychoactive substances (such as narcotics or stimulants) in the past six months Using psychoactive substances (such as narcotics or stimulants) in the past six months Participation in mindfulness training programs within the past 6 months Inability to attend sessions regularly (more than two absences)

Age
From **18 years** old to **40 years** old

Gender
Both

Phase
3

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, blinding was performed in a single-blind manner, meaning that: Participants and therapists are aware of the group allocation due to the nature of mindfulness training and are not blinded. The data collection assessors and outcome analysts were blinded to the grouping of individuals and recorded and analyzed the data without knowing which group was the intervention or control group. Other members of the research team, including the principal investigator and the monitoring committee, were also unaware of the group allocation.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
3733361349

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

Ethics committee reference number
IR.IAU.AHVAZ.REC.1403.405

Health conditions studied

1

Description of health condition studied
Anxiety Disorder

ICD-10 code
F41.9

ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Problem-solving skills

Timepoint
Before the intervention and after the completion of 8 mindfulness training sessions

Method of measurement
Standard Problem Solving Inventory (PSI)

Secondary outcomes

1

Description
Critical thinking

Timepoint

Before the intervention and after the completion of 8 mindfulness training sessions

Method of measurement

California Critical Thinking Skills Questionnaire

2

Description

Hopefulness

Timepoint

Before the intervention and after the completion of 8 mindfulness training sessions

Method of measurement

Schneider Life Expectancy Questionnaire

Intervention groups

1

Description

Intervention group: Participants in this group will attend 8 group mindfulness training sessions (one 90-minute session per week). The sessions include mindfulness skills training, anxiety thought management, and practical exercises to enhance present-moment awareness. Sessions will be conducted by a trained psychologist in the university’s educational facilities.Session 1: Introduction to mindfulness, the concept of the present moment and its benefits. Mindful breathing practice.Session 2: Body Scan and awareness of physical sensations.Session 3: Awareness of sounds and thoughts, observing thoughts without judgment.Session 4: Practice mindful eating and extending awareness to daily activities.Session 5: Managing anxious thoughts with mindfulness techniques, distancing from thoughts.Session 6: Acceptance and release, coping with unpleasant experiences.Session 7: Compassion for yourself and others, increasing inner kindness.Session 8: Integrating mindfulness into daily life and planning for continued practice.

Category

N/A

2

Description

Control group: Participants in this group will not receive any specific educational or therapeutic intervention and will only have access to the university's usual counseling services. They will be placed on a waiting list and offered mindfulness training after the study concludes, if they wish.Ask ChatGPT

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Ahvaz Unit

Full name of responsible person

Samira Seyed Asiaban

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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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?

Yes

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
Samira Seyed Asiaban
Position
Associate professor
Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable