

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effectiveness of Mindfulness Training Based on Stress (MBSR) Reduction on Reducing Arousal Levels, Anxiety Sensitivity, and Anger Suppression in Students with Symptoms of Social Anxiety Disorder

#### Protocol summary

##### Study aim

The Effectiveness of Mindfulness Training Based on Stress (MBSR) Reduction on Reducing Arousal Levels, Anxiety Sensitivity, and Anger Suppression in Students with Symptoms of Social Anxiety Disorder

##### Design

A controlled clinical trial with parallel groups, without blinding, randomized, on 40 patients. The rand function of Excel software will be used for randomization.

##### Settings and conduct

The statistical population of this study includes all female and male students at various academic levels of Islamic Azad University, Ahvaz Branch, in the 2025–2026 academic year who exhibit symptoms of social anxiety disorder (i.e., score below the cutoff on the SIAS scale). In the sample selection stage, convenience sampling will be used. After selecting a sample of 40 participants, and based on the study's inclusion and exclusion criteria, the participants will be randomly assigned to two groups: the "Mindfulness-Based Stress Reduction" group (intervention group) and the "waiting list" group (control group).

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Being a student in one of the academic programs of the university under study. Having symptoms of social anxiety disorder based on a clinical interview or a high score on the relevant standard questionnaire. Exclusion criteria: Not willing to participate in the research, participating simultaneously in similar psychological or pharmacological courses.

##### Intervention groups

Intervention group: All individuals who will receive the mindfulness-based stress reduction training intervention. Control group: All individuals who will not receive any intervention.

##### Main outcome variables

Arousal, Anxiety Sensitivity, Anger, Social Anxiety

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20260511069341N1**

Registration date: **2026-05-12, 1405/02/22**

Registration timing: **prospective**

Last update: **2026-05-12, 1405/02/22**

Update count: **0**

##### Registration date

2026-05-12, 1405/02/22

##### Registrant information

##### Name

Parisa Kamaei

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3333 3333

##### Email address

parisa.kamaei@iau.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2026-05-27, 1405/03/06

##### Expected recruitment end date

2026-06-10, 1405/03/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

**Scientific title**

The Effectiveness of Mindfulness Training Based on Stress (MBSR) Reduction on Reducing Arousal Levels, Anxiety Sensitivity, and Anger Suppression in Students with Symptoms of Social Anxiety Disorder

**Public title**

The effectiveness of mindfulness training based on stress reduction on emotional components of students with social anxiety symptoms

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Being a student in one of the academic programs of the studied university Having symptoms of social anxiety disorder based on a clinical interview or a high score on the relevant standardized questionnaire Age range 18 to 24 years

**Exclusion criteria:**

Unwillingness to participate in research Simultaneous participation in similar psychological or pharmacological courses

**Age**

From **18 years** old to **24 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The statistical population of this study includes all female and male students at various academic levels of Islamic Azad University in the 2025–2026 academic year who exhibit symptoms of social anxiety disorder (i.e., score below the cutoff on the SIAS scale). In this type of efficacy study, a two-stage approach is usually used: in the sample selection stage, convenience sampling is employed. After selecting a sample of 40 participants, and based on the study's inclusion and exclusion criteria, the participants will be randomly assigned to two groups: the "Mindfulness-Based Stress Reduction" group (intervention group) and the "waiting list" group (control group). Randomization will be performed using random blocks with variable sizes (4 and 6 participants) by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel and then placed in opaque, sealed, and numbered envelopes so that neither the researcher nor the participants are aware of the allocation sequence (allocation concealment). Opening the envelope and informing the participant of the assigned group will take place only when each participant enters the study. To ensure the equivalence of baseline variables (such as anxiety level and age), their distribution in the two groups will be examined in the statistical analysis stage.

**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 Islamic Azad University of Ahvaz Branch

**Street address**

Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

6134937333

**Approval date**

2026-04-15, 1405/01/26

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1405.043

**Health conditions studied****1****Description of health condition studied**

Social Anxiety Disorder

**ICD-10 code**

F40.11

**ICD-10 code description**

Social phobia, generalized

**Primary outcomes****1****Description**

Arousal

**Timepoint**

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

**Method of measurement**

The measurement method will be the Henry and Crawford (2005) Physiological Arousal Scale.

## 2

### **Description**

Anxiety Sensitivity

### **Timepoint**

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

### **Method of measurement**

The measurement method will be the Anxiety Sensitivity Index-3 of Taylor and Cox (1998).

## 3

### **Description**

Anger

### **Timepoint**

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

### **Method of measurement**

The method of measurement will be the Spielberger (1999) trait-state anger expression questionnaire.

## 4

### **Description**

Social Anxiety

### **Timepoint**

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

### **Method of measurement**

The method of measurement will be the Jerabek Social Anxiety Questionnaire (1996).

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: Mindfulness-Based Stress Reduction (MBSR) training. Duration of each session: 90 minutes; Total number of sessions: 8 sessions; Session sequence: twice a week. Therapeutic tools used: This intervention relies on cultivating moment-to-moment awareness, intentional attention, acceptance of inner experiences, and reducing reactivity to unpleasant thoughts and emotions. The main therapeutic tools include mindfulness exercises, body scan, sitting meditation, mindful breathing practice, gentle yoga movements, and present-moment attention exercises. The content of the different sessions is based on the following: Session 1: Administration of the pre-test, introduction of group members, introduction to mindfulness, and familiarization with the goals and structure of the program. Session 2: Training in attention to breathing and body scan practice. Session 3: Continuation of the body scan and practice of bringing attention back to the

present moment. Session 4: Training in sitting meditation and accepting thoughts and feelings without judgment. Session 5: Practice of gentle mindful movements and simple yoga. Session 6: Training in mindful exposure to stress and observing thoughts and emotions. Session 7: Review and consolidation of the learned skills and practice of applying them in daily life. Session 8: Summary, feedback collection, administration of the post-test, and scheduling the follow-up assessment.

#### **Category**

Treatment - Other

### 2

#### **Description**

Control group: The control group will not receive any intervention during the research, but will receive the intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization.

#### **Category**

Treatment - Other

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Islamic Azad University, Ahvaz Branch

##### **Full name of responsible person**

Parisa Kamaei

##### **Street address**

Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

##### **City**

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##### **Province**

Khouzestan

##### **Postal code**

6134937333

##### **Phone**

+98 61 3334 8421

##### **Email**

info@iauahvaz.ac.ir

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

Aslan Egdarnezhad

##### **Street address**

Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

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a\_eigder@gmail.com

**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**

Private

**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**

Parisa Kamaei

**Position**

Master's student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Psychology

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

Parisa Kamaei

**Position**

Master's student

**Latest degree**

Bachelor

**Other areas of specialty/work**

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

Islamic Azad University

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**Position**

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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**

Undecided - It is not yet known if there will be a plan to

make this available  
**Analytic Code**  
Not applicable

**Data Dictionary**  
Not applicable