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
Khouzestan

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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
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
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 updating data

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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