Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparing the Effectiveness of Meaning Therapy Based on Rumi's Thoughtsand Mindfulness-Based Stress Reduction on Intolerance of Uncertainty in Family Caregivers of the Elderly

Protocol summary

Study aim

Comparing the effectiveness of meditative therapy based on Maulana's thoughts and mindfulness-based stress reduction on perceived intolerance of burden in family caregivers of the elderly

Design

The research method will be semi-experimental, with a pre-test-post-test design with a control group and a two-month follow-up. 45 people will be selected from the G*Power program through purposive sampling and will be divided into two experimental groups and a control group (15 people each). The two groups will receive the experiment in 8 sessions, and the control group will not receive any intervention during this period.

Settings and conduct

The statistical population of the study will include all family caregivers of the elderly referring to the Mehr Nursing Home in Sari.

Participants/Inclusion and exclusion criteria

Inclusion criteria for the study included the following Informed consent to participate in the study Minimum diploma education Age range 20-60 years Not using psychiatric medications and psychological treatments during the study based on clinical interviews. Exclusion criteria also included the following Unwillingness to continue cooperating in the study Presence of distorted questionnaires Absence of more than two sessions

Intervention groups

The first experimental group will receive meaning therapy in 8 75-minute sessions, and the second experimental group will receive mindfulness-based stress reduction in 8 60-minute sessions. During this period, the control group will not receive any intervention.

Main outcome variables

Each treatment is expected to increase the intolerance of uncertainty score.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260504069259N1**
Registration date: **2026-06-15, 1405/03/25**
Registration timing: **prospective**

Last update: **2026-06-15, 1405/03/25**
Update count: **0**

Registration date

2026-06-15, 1405/03/25

Registrant information

Name

Fateme Gholian nozari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3454 3597

Email address

fateme.qolian70@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-06-22, 1405/04/01

Expected recruitment end date

2026-07-06, 1405/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Comparing the Effectiveness of Meaning Therapy Based on Rumi's Thoughtsand Mindfulness-Based Stress Reduction on Intolerance of Uncertainty in Family Caregivers of the Elderly

Public title
Comparing the Effectiveness of Meaning Therapy Based on Rumi's Thoughtsand Mindfulness-Based Stress Reduction on Intolerance of Uncertainty in Family Caregivers of the Elderly

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
No use of psychiatric medications and psychological treatments during the study based on clinical interview Informed consent to participate in research Minimum education: Diploma

Exclusion criteria:

Age
From **20 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
The sample size in the G*Power program, version 1.3 (Faul et al., 2019), with a confidence level of 0.95, a power of 0.80, and a dropout rate of 10%, was calculated for each group of 15 people. Therefore, 45 people were selected based on the inclusion criteria and by exclusion using the purposive sampling method and will be divided into two experimental groups and a control group (each group 15 people). The first experimental group will receive meaning therapy based on Rumi's thoughts in 8 75-minute sessions, and the second experimental group will receive mindfulness-based stress reduction in 8 60-minute sessions (2 sessions per week). During this period, the control group will not receive any intervention.

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 in Biomedical Research

Street address
keshavarz Boulevard

City
Sari

Province
Mazandaran

Postal code
1111111111

Approval date
2025-07-19, 1404/04/28

Ethics committee reference number
IR.IAU.SARI.REC.1404.194

Health conditions studied

1

Description of health condition studied
Intolerance of uncertainty

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
A score obtained from the Friston et al. (1994) Intolerance of Overwork Questionnaire

Timepoint
Before the intervention, after the intervention, and two months after the intervention

Method of measurement
A score obtained from the Friston et al. (1994) Intolerance of Overwork Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Two groups of 15 family supporters of the elderly visiting the Mehr Sari Nursing Home

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Sarai Mehr Sari

Full name of responsible person
Dr Asghar Norouzi

Street address
Imam Reza Blvd., Imam Reza 6

City
Sari

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Mazandaran

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4841683648

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Email
asgarnoruzi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Fateme gholian nozari

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Farahabad Road

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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
1

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
Fateme Gholian nozari

Position
Student

Latest degree
Master

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

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Dr Asghar Norouzi

Position
Assistant Professor, Faculty Member

Latest degree
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Psychology

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Person responsible for updating data

Contact

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student

Latest degree
Master
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
Undecided - It is not yet known if there will be 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
Can be shared with individuals unidentifiable
When the data will become available and for how long
Since the winter of 1405
To whom data/document is available
Researchers and industries
Under which criteria data/document could be used
no
From where data/document is obtainable
fateme.qolian70@gmail .com
What processes are involved for a request to access data/document
My email within a week
Comments