Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on Resilience, Quality of Life, and Anxiety in Mothers of Children with Attention-Deficit/Hyperactivity Disorder

Protocol summary

Study aim

Determining the effectiveness of mindfulness-based stress reduction therapy on resilience, quality of life, and anxiety in mothers of children with attention-deficit/hyperactivity disorder in Ahvaz.

Design

A randomized controlled trial with a control group, parallel groups, not blinded, on mothers of children with attention-deficit/hyperactivity disorder in Ahvaz. Simple randomization was performed using a random number table. The sample size is 40 participants (20 in the intervention group and 20 in the control group).

Settings and conduct

The study is conducted in Ahvaz at a counseling center approved by the supervisor. Eligible mothers, after signing informed consent, are allocated to intervention and control groups using a random number table. MBSR group sessions are held weekly for 8 weeks (90 minutes each) at the same center. Questionnaires are completed at pre-test and post-tes

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having at least one child with a confirmed diagnosis of attention-deficit/hyperactivity disorder Mother's age at least 20 years Signing the informed consent form Exclusion criteria: Presence of active psychotic disorder or suicidal ideation in the mother during the past 6 months Current substance or alcohol dependence in the mother The child with ADHD has moderate to severe autism spectrum disorder

Intervention groups

Intervention group: Receives 8 weekly 90-minute group sessions of Mindfulness-Based Stress Reduction Therapy plus daily homework (15–20 minutes). Control group: Waiting list; the intervention is also provided to this group after the study completion.

Main outcome variables

Primary outcomes: Resilience (Connor-Davidson Resilience Scale), Quality of Life (WHOQOL-BREF), Anxiety (Beck Anxiety Inventory). All outcomes are measured at pre-test and post-test.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260608069706N1**
Registration date: **2026-06-22, 1405/04/01**
Registration timing: **prospective**

Last update: **2026-06-22, 1405/04/01**
Update count: **0**

Registration date

2026-06-22, 1405/04/01

Registrant information

Name

Hadis Khajeh

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-08-23, 1405/06/01

Expected recruitment end date

2029-10-22, 1408/08/01

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on Resilience, Quality of Life, and Anxiety in Mothers of Children with Attention-Deficit/Hyperactivity Disorder

Public title
Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on Resilience, Quality of Life, and Anxiety in Mothers of Children with Attention-Deficit/Hyperactivity Disorder
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having at least one child with a confirmed diagnosis of Attention-Deficit/Hyperactivity Disorder (ADHD) by a psychiatrist or clinical psychologist Child's age between 6 and 12 years Mother's age at least 20 years
Exclusion criteria:
Presence of active psychotic disorder or suicidal ideation in the mother during the past 6 months Current substance or alcohol dependence in the mother based on DSM-5 criteria
Age
From **20 years** old to **50 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
This study was conducted as a parallel-group randomized controlled trial on mothers of children with Attention-Deficit/Hyperactivity Disorder (ADHD) in Ahvaz, Iran. Participants were allocated to two groups using simple randomization with the help of a random number table: the intervention group (Mindfulness-Based Stress Reduction - MBSR) and the control group (waiting list).
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
Research Ethics Committee of Islamic Azad University, Ahvaz Branch
Street address
Islamic Azad University, Ahvaz Branch, 22 Bahman Boulevard, Ahvaz, Iran.
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Approval date
2026-04-30, 1405/02/10
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.105

Health conditions studied

1

Description of health condition studied
Attention-Deficit/Hyperactivity Disorder
ICD-10 code
F90
ICD-10 code description
Attention-deficit hyperactivity disorders

Primary outcomes

1

Description
resilience
Timepoint
Outcome variables are measured at two time points including pre-test (one week before the start of the intervention) and post-test (one week after completion of the intervention sessions)
Method of measurement
Connor-Davidson Resilience Scale

2

Description
Quality of Life
Timepoint
Outcome variables are measured at two time points including pre-test (one week before the start of the intervention) and post-test (one week after completion of the intervention sessions)
Method of measurement
World Health Organization Quality of Life Questionnaire

3

Description

Anxiety

Timepoint

Outcome variables are measured at two time points including pre-test (one week before the start of the intervention) and post-test (one week after completion of the intervention sessions)

Method of measurement

Beck Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 8 weekly 90-minute group MBSR sessions including mindful breathing, meditation, body scan, group discussion, and stress management techniques, plus daily homework of 15–20 minutes. Conducted by a certified clinical psychologist.

Category

Rehabilitation

2

Description

Control group: Waiting list; no intervention during the study; intervention provided after study completion.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Nikan Counseling Center

Full name of responsible person

Roohangiz Soltani

Street address

Nikan Counseling Center, Noshin Complex, West 9th Street, Kianpars, Ahvaz, Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Pejman Taghipour Birgani

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Islamic Azad University, Ahvaz Branch, 22 Bahman Boulevard, Ahvaz, Iran.

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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

Hadis Khajeh

Position

student

Latest degree

Master

Other areas of specialty/work

Psychology

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

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available