Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Mindfulness Training on Suicidal Ideation,Mental Health,and Deliquency Tendency among Students of Islamic Azad University

Protocol summary

Study aim

To determine the effectiveness of mindfulness training on suicidal ideation, mental health, and delinquency tendencies in students of Islamic Azad University, Izeh Branch, in the year 2025–2026 .

Design

The sample consists of 60 students selected via convenience sampling and randomly assigned into two groups of 30 (intervention and control

Settings and conduct

Study Setting & Procedure: Conducted at Islamic Azad University, Izeh Branch. Eligible students are screened, give informed consent, and complete the pre-test. The intervention group undergoes 8 mindfulness sessions, followed by post-test and follow-up assessments for both groups

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Active student status at Azad University Izeh (2025–2026); scoring above the cut-off point on screening tools; written informed consent; no psychotherapy in the past 6 months. Exclusion Criteria: Severe psychiatric disorders; changes in psychiatric medication during the study; missing >2 sessions; voluntary withdrawal.

Intervention groups

Intervention Groups: Intervention Group: 8 weekly 90-minute group sessions of Mindfulness-Based Stress Reduction (MBSR), including mindful breathing, body scan, and emotional regulation. Control Group: Waitlist control receiving no intervention during the study, provided with training after post-test completion.

Main outcome variables

The primary outcomes are suicidal ideation (assessed via Beck Scale for Suicide Ideation - BSSI), mental health (assessed via General Health Questionnaire - GHQ-28), and delinquency tendencies (assessed via Delinquency Propensity Scale), evaluated at pre-test, post-test, and follow-up

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260728070410N1**
Registration date: **2026-08-08, 1405/05/17**
Registration timing: **retrospective**

Last update: **2026-08-08, 1405/05/17**
Update count: **0**

Registration date

2026-08-08, 1405/05/17

Registrant information

Name

mitra ebasi

Name of organization / entity

Daneshgah azad eslami vahad izeh

Country

Iran (Islamic Republic of)

Phone

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Email address

mysa33359@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-07-02, 1405/04/11

Expected recruitment end date

2026-08-02, 1405/05/11

Actual recruitment start date

2026-07-02, 1405/04/11

Actual recruitment end date

2026-08-02, 1405/05/11

Trial completion date

2026-08-02, 1405/05/11

Scientific title

The Effectiveness of Mindfulness Training on Suicidal Ideation,Mental Health,and Deliquency Tendency among Students of Islamic Azad University

Public title

The Effectiveness of Mindfulness Training on Suicidal Ideation,Mental Health,and Delinquency Tendency in Students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

students studying at Islamic Azad University,Izeh Branch

Exclusion criteria:

Absence in more than two training sessions

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

More than 1 sample in each individual

Number of samples in each individual: **2**

Data will be collected from each participant at two time points: first at baseline (pre-test) prior to the intervention, and second immediately after completing the 8 mindfulness training sessions (post-test), using research questionnaires

Actual sample size reached: **30**

More than 1 sample in each individual

Actual sample size in each individual: **2**

Data will be collected from each participant at two time points: first at baseline (pre-test) prior to the intervention, and second immediately after completing the 8 mindfulness training sessions (post-test), using research questionnaires

Randomization (investigator's opinion)

Randomized

Randomization description

After meeting the inclusion criteria and obtaining informed conset, participants are allocated to the intervention (Mindfulness Training) and control groups in a 1:1 ratio using a simple randomization method (lottery). For allocation concealment, sequentially numbered , opaque,saeled envelopes are used

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

IR.IAU.BEHBAHAN.REC.1405.174

Street address

Daneshgah Sq. Zagros Blvd ST.Shahid Heydar Gholi Norouzi No. 18

City

izeh

Province

Khouzestan

Postal code

6391649748

Approval date

2026-07-01, 1405/04/10

Ethics committee reference number

1405.174

Health conditions studied

1

Description of health condition studied

To determine the effectiveness of mindfulness training on suicidal ideation, mental health, and delinquency tendencies in students of Islamic Azad University, Izeh Branc

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Suicidal ideation assessed by the Beck Scale for Suicidal Ideation (BSSI). Mental health assessed by the General Health Questionnaire-28 (GHQ-28), and tendency toward delinquency assessed by the Delinquency Tendency Questionnaire. A reduction in post-intervention scores compared with baseline indicates the effectiveness of mindfulness training.

Timepoint

Measured at two time points: at baseline (pre-test) and immediately after completion of the 8-session mindfulness training program (post-test).

Method of measurement

Outcome variables were measured using the Beck Scale for Suicidal Ideation (BSSI), the General Health Questionnaire-28 (GHQ-28), and the Delinquency Tendency Questionnaire. Total scores were calculated according to the scoring instructions of each questionnaire and used to compare pre-test and post-test results.

Secondary outcomes

empty

Intervention groups

1

Description
Participants in the intervention group received an 8-session group-based mindfulness training program. Each session lasted approximately 90 minutes over two sessions and was held once a week. The intervention included mindfulness concepts, mindful breathing, present-moment awareness, non-judgmental observation of thoughts and emotions, body scan, sitting meditation, and practical mindfulness exercises.The control group received no intervention during the study period and was assessed only at the pre-test and post-test stages

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University,Izeh Branch

Full name of responsible person
Mitra Abbasi

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No. 18, Shahid Heydar Gholi Norouzi St., Zagros Blvd., Daneshgah Sq.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University ,Izeh Branch

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 ,Izeh Branch

Proportion provided by this source
20

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,Izeh Branch

Full name of responsible person
Mitra Abbasi

Position
M.Sc.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)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Due to ethical considerations and confidentiality policies regarding participants' sensitive mental health and behavioral data, individual participant data (IPD) will not be shared publicly. Results will be available as aggregated statistical data in reports and publications.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available