Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effectiveness of Mindfulness Training on Emotion Regulation and General Health in Divorced Women

Protocol summary

Study aim
The effectiveness of mindfulness training on emotion regulation and general health of divorced women

Design
This study is a quasi-experimental study with a pretest-posttest design and a control group on 40 divorced women. The samples are selected by convenience sampling and then randomly assigned to two groups of 20: intervention and control. The intervention group receives 8 sessions of mindfulness therapy, and the control group does not receive any intervention. This study is not a drug trial and has no phase.

Settings and conduct
This study is conducted in Rasht on divorced women with a pretest-posttest design and a control group. The intervention group receives 8 mindfulness therapy sessions and blinding is not performed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having a death certificate of the spouse or an official divorce decree, at least 6 months have passed since the divorce, not receiving concurrent psychological services, and having at least a high school education, not having severe physical illnesses, not having severe mood and emotional illnesses, at least 20 years old and at most 50 years old. Exclusion criteria: Absence of more than two training sessions and willingness to withdraw from the research process.

Intervention groups
This study is a quasi-experimental study with a control group. Participants are randomly assigned to two groups. The intervention group receives 8 sessions of mindfulness therapy, and the control group receives no intervention. Emotion regulation and general health are measured in the pre-test and post-test.

Main outcome variables
Emotion regulation and general health

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20260619069873N1**
Registration date: **2026-08-25, 1405/06/03**
Registration timing: **prospective**

Last update: **2026-08-25, 1405/06/03**
Update count: **0**

Registration date
2026-08-25, 1405/06/03

Registrant information
Name
Elnaz Najafnezhad
Name of organization / entity
Islamic Azad University, Tonekabon Branch
Country
Iran (Islamic Republic of)
Phone
+98 939 512 1782
Email address
elnaz.najafnezhad1403@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2026-08-27, 1405/06/05
Expected recruitment end date
2026-10-22, 1405/07/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effectiveness of Mindfulness Training on Emotion Regulation and General Health in Divorced Women

Public title
Effectiveness of Mindfulness Training on Emotion Regulation and General Health

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Having a spouse's death certificate or official divorce decree At least 6 months have passed since the divorce. Receiving psychological services at the same time Having at least a cycle education No serious physical illnesses Not having severe mood and emotional illnesses

Exclusion criteria:
Absence of more than two training sessions Desire to withdraw from the research process

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)
Not randomized

Randomization description

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, Tonekabon Branch

Street address
Km 3, Chalous Road, Valiabad, Islamic Azad University Tonekabon Complex

City
Tonekabon

Province
Mazandaran

Postal code
۴۶۸۴۱۶۱۱۶۷

Approval date
2026-08-19, 1405/05/28

Ethics committee reference number
IR.IAU.TON.REC.1405.063

Health conditions studied

1

Description of health condition studied
Divorced women

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Emotion regulation score based on the emotion regulation questionnaire

Timepoint
Assessment of variables at baseline (pretest) and one week after the intervention sessions (posttest).

Method of measurement
The research variable included emotion regulation using the Gross and John (2003) Emotion Regulation Questionnaire

Secondary outcomes

1

Description
General health score based on the Goldenberg General Health Questionnaire

Timepoint
At the beginning of the study (pretest) and one week after the completion of the intervention sessions (posttest)

Method of measurement
Goldenberg General Health Questionnaire for measuring general health

Intervention groups

1

Description
Intervention group: Intervention group: The intervention group includes 8 mindfulness-based group training sessions. Each session lasts 60 minutes. The content of the sessions includes explaining the logic of mindfulness and awareness of the five senses, identifying mental obstacles and body scanning, practicing conscious breathing and stretching movements, training in being present in the present moment and identifying stressful patterns after divorce, accepting unpleasant experiences and replacing impulsive reactivity with mindful response, managing difficult emotions and emotion regulation

strategies, practicing self-compassion and guided meditations, and finally summarizing the lessons learned and examining the sustainability of the exercises aimed at improving emotion regulation and general health of divorced women.

Category

Lifestyle

2

Description

Control group: Participants in this group will not receive any psychological intervention during the research period and will continue with their normal lives. After the end of the data collection period, if the participants wish, intensive mindfulness training content will also be provided to this group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Positive Life Center

Full name of responsible person

Haleh Petki

Street address

Positive Life Center (Code 739), Opposite Mehr Real Estate, End of Noghreh Dasht, Shahid Ramezan Zadeh St., Phase 2, Ziabari St., Rasht

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nojabaees@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University, Tonekabon Branch

Full name of responsible person

Masood Ghane

Street address

Km 3, Chalous Road, Valiabad, Islamic Azad University Tonekabon Complex

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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, Tonekabon Branch

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, Tonekabon Branch

Full name of responsible person

Seyed Sadra Nojabaee

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Islamic Azad University Tonekabon Complex, Valiabad, Km 3, Chalous Road, Tonekabon, Mazandaran, Iran

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for updating data

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Position

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Latest degree

Bachelor

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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The results, tables, and the treatment protocol

When the data will become available and for how long

The access period will begin 6 months after the publication of the results

To whom data/document is available

Access to the anonymized study data is restricted to researchers affiliated with academic universities, scientific institutions, and research centers holding valid ethical approval, subject to the review of their request and approval by the Ethics Committee.

Under which criteria data/document could be used

Access to the documentation of this clinical trial is restricted to academic and scientific researchers and is permitted only upon obtaining authorization from the principal investigator.

From where data/document is obtainable

Correspondence via email address: Elnaz Najafnezhad elnaz.najafnezhad1403@gmail.com

What processes are involved for a request to access data/document

Any request for access to the data or documentation of this study must be submitted through a formal written request to the principal investigator or the academic supervisor. The request should include the applicant’s identification information, the purpose of using the data, the type of data requested, and the method for ensuring confidentiality of the information. After receiving the request, the following aspects will be reviewed: the applicant’s academic identity and institutional affiliation, evaluation of the research purpose and its alignment with the ethical principles of the study, and final approval by the principal investigator and, if necessary, the university ethics committee. If approved, the data will be provided in an anonymized form and limited to the requested items, in a format suitable for scientific use. Use of the data is permitted only with proper citation of the source and strict adherence to the confidentiality of participants’ information

Comments