Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation the effectiveness of Mindfulness-Based Cognitive Therapy on character empowerment, irrational beliefs, and self-suppression in women seeking divorce

Protocol summary

Study aim
Determining the Effectiveness of Mindfulness-Based Cognitive Therapy on Character Strengths, Irrational Beliefs, and Self-Suppression in Women Seeking Divorce

Design
This is a randomized, single-blind clinical trial with intervention and control groups, using block randomization, with a total sample size of 45 participants.

Settings and conduct
The present study included all women seeking divorce in Ahvaz during the second half of 1404 (2025–2026). Eligible participants will be randomly assigned to the intervention and control groups using block randomization. Participants will be blinded to their group allocation, while the researchers will be aware of the group allocation.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having an educational level higher than a high school diploma; Providing informed consent to participate in the study; Being in the process of divorce; Seeking services at family counseling centers with a serious intention to pursue divorce. Exclusion criteria: Having a history of severe psychiatric or cognitive disorders; Receiving concurrent psychotherapy services or participating in another psychological intervention program; Having a history of participating in formal mindfulness-based cognitive therapy courses or similar intervention

Intervention groups
Intervention group: Women seeking divorce who are assigned to this group will receive mindfulness-based cognitive therapy (MBCT) through regular sessions and according to the treatment protocol. The aim of this intervention is to evaluate its effectiveness on participants' character strengths, irrational beliefs, and self-suppression. Control group: Women seeking divorce who are assigned to the control group will not receive mindfulness-based cognitive therapy during the intervention period

Main outcome variables
character strengths, irrational beliefs, and self-suppression.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260827070814N1**
Registration date: **2026-09-22, 1405/06/31**
Registration timing: **prospective**

Last update: **2026-09-22, 1405/06/31**
Update count: **0**

Registration date
2026-09-22, 1405/06/31

Registrant information

Name
Mohammad Moradi

Name of organization / entity
Islamic Azad University, Ahvaz Branch

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Iran (Islamic Republic of)

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Recruitment status
recruiting

Funding source

Expected recruitment start date
2026-10-14, 1405/07/22

Expected recruitment end date
2026-12-13, 1405/09/22
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation the effectiveness of Mindfulness-Based Cognitive Therapy on character empowerment, irrational beliefs, and self-suppression in women seeking divorce

Public title
The effectiveness of Mindfulness-Based Cognitive Therapy on character empowerment, irrational beliefs, and self-suppression
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having an educational level higher than a high school diploma Providing informed consent to participate in the study Seeking services at family counseling centers with a serious intention to pursue divorce
Exclusion criteria:
Having a history of severe psychiatric or cognitive disorders Receiving concurrent psychotherapy services Having a history of participating in formal mindfulness-based cognitive therapy courses or similar interventions
Age
From **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
Block randomization; Participants were assigned to the intervention and control groups using block randomization based on a randomly generated sequence of blocks with variable sizes
Blinding (investigator's opinion)
Single blinded
Blinding description
In this study, the participants (women seeking divorce) are unaware of their allocation to the study groups, while the researchers are aware of the group allocation.
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University Ahvaz Branch
Street address
Farhang Shahr, Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
۶۱۳۴۹-۳۷۳۳۳
Approval date
2026-06-27, 1405/04/06
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.479

Health conditions studied

1

Description of health condition studied
Character empowerment, irrational beliefs, and self-suppression in women seeking divorce
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The character strengths score on the Values in Action Inventory of Strengths developed by Peterson and Seligman (2004)
Timepoint
Measuring character strengths at the beginning of the study, prior to the mindfulness intervention and after completion of the 8 intervention sessions (post-test)
Method of measurement
Valuse In Action Inventory of Strengths Peterson & Seligman(2004)

2

Description
The score on the Irrational Beliefs Scale developed by Motamedin and colleagues (2012)
Timepoint
Measurement of irrational beliefs at the beginning of the study and prior to the mindfulness intervention and after completion of the 8 intervention sessions (post-test)
Method of measurement
Motamedin et al.’s (2012) Irrational Beliefs Scale

3

Description
The score on the Self-Silencing Scale developed by Jack and Dill (1991)
Timepoint
Measurement of self-silencing at the beginning of the study and prior to the mindfulness intervention and after completion of the 8 intervention sessions (post-test)
Method of measurement
Jack and Dill's (1991) Self-Silencing Scale

Secondary outcomes

empty

Intervention groups

1

Description
Control group: No mindfulness-based cognitive therapy intervention is administered in it.
Category
Behavior

2

Description
Intervention group: The mindfulness intervention will be implemented in the form of 8 educational and practice sessions and will include training and practice of core mindfulness techniques, with an emphasis on increasing attention to present-moment experiences and developing awareness of thoughts, emotions, and bodily sensations while accepting them in a nonjudgmental manner. The sessions will include techniques such as focused breathing, body scan, sitting meditation, awareness of thoughts and emotions, mindfulness in daily activities, and home-based practices. The aim of the intervention is to increase awareness and acceptance of internal experiences and to reduce automatic reactions and maladaptive patterns when dealing with thoughts and emotions.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Family Counseling Clinics
Full name of responsible person
Mohammad Moradi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Pejman Taghipour Birgani
Street address
Industry and Community Relations Office, Islamic Azad University, Farhangshahr, Golestan highway
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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
Mohammad Moradi
Position
Student, Islamic Azad University, Counseling
Latest degree
Bachelor
Other areas of specialty/work
Others
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Person responsible for updating data

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

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

Title and more details about the data/document
The data file is in SPSS statistical software. This file is anonymous and contains no personal information of respondents and is related to the variables examined in the study during the pretest and posttest phases in the studied groups

When the data will become available and for how long
The access period starts from Esfand 1405 and continues for 6 months after the start of the period

To whom data/document is available
Researchers employed in academic and scientific institutions

Under which criteria data/document could be used
The data can be used for comparison with data from other related studies

From where data/document is obtainable
Mohammad Moradi: 0989168389332 Alternatively, please contact or visit the Islamic Azad University, Ahvaz Branch.

What processes are involved for a request to access data/document
The individual may submit their request verbally or by telephone. If the researcher approves the request based on the stated conditions, the file will be sent to them within approximately one to two weeks

Comments