Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of mindfulness on self-esteem, resilience, and mental well-being in students with dyslexia.

Protocol summary

Study aim
Determining the effectiveness of mindfulness on self-esteem, resilience, and mental vitality in students with dyslexia.

Design
This study is a randomized, double-blind, parallel-group clinical trial conducted on 30 elementary school students with dyslexia (15 in each group). The sample allocation is done by simple random method using the RAND function in Excel software; first, each participant receives an identification code and is divided into two groups of 15 based on a random number.

Settings and conduct
This research will use a field experimental research method and a large-scale pre-test and post-test design. The research will be conducted in an elementary school in Izeh city. All participants, intervention instructors, and evaluators who interpret the data will be kept confidential and all information will be used as pseudonyms.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Participants must be between 6 and 10 years of age. Participants must have scored above the mean on the dyslexia questionnaire. Both the participants and their parents/guardians must provide informed consent to participate in the study. Exclusion Criteria Having physical illnesses that interfere with the intervention process. Current use of psychiatric medications.

Intervention groups
Intervention group: The mindfulness training program is implemented in a group setting based on the standard mindfulness protocol for children (Sample and Lee, 2008; translated by Mashhadi et al., 2017) in 8 60-minute sessions, one session per week. Control group: They do not receive any intervention (they are placed on a waiting list).

Main outcome variables
Self-esteem; resilience; mental vitality.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260816070684N1**
Registration date: **2026-09-18, 1405/06/27**
Registration timing: **prospective**

Last update: **2026-09-18, 1405/06/27**
Update count: **0**

Registration date
2026-09-18, 1405/06/27

Registrant information

Name
Fatemeh Salahshouri

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 936 997 2805

Email address
fatemesalahshouri19@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-20, 1405/06/29

Expected recruitment end date
2026-10-06, 1405/07/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectiveness of mindfulness on self-esteem, resilience, and mental well-being in students with dyslexia.

Public title

The effectiveness of mindfulness on self-esteem, resilience, and mental vitality

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Participants must be between 6 and 10 years of age. Participants must have scored above the mean on the dyslexia questionnaire. Both the participants and their parents/guardians must provide informed consent to participate in the study.

Exclusion criteria:

Having physical illnesses that interfere with the intervention process. Current use of psychiatric medications.

Age

From **6 years** old to **10 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, a complete randomization method with an allocation ratio of 1:1 is used, and the randomization unit is the individual. After preparing the final list of 30 participants, each individual is assigned a unique numerical identification code. Then, an individual independent of the intervention implementers and evaluators generates a random number for each code using Random Number Generator software, and the participants are sorted in ascending order based on these numbers. The first 15 people are assigned to the experimental group and the next 15 people are assigned to the control group sequentially; thus, the probability of each individual being assigned to each group is equal, and the allocation ratio in the two groups is equal.

Blinding (investigator's opinion)

Double blinded

Blinding description

To control for bias, this study employs a design that blinds the outcome assessor and the data analyst. Following full ethical briefing and the signing of informed consent forms, participants and their parents remain unaware of the specific hypotheses and group assignments; however, complete perceptual blinding is not feasible given the behavioral and educational nature of the mindfulness sessions. Randomization is performed by an independent individual, and sessions are led by a separate instructor; consequently, the principal investigator and school staff remain unaware of student group assignments until the study concludes. Given the non-medical nature of the intervention, medical personnel play no role in the study. Outcome assessments—conducted at pre-test, post-test, and follow-up stages—are carried out by assessors who are entirely independent of the intervention team and unaware of group allocations. Similarly, the statistician receives raw data identified only by anonymous codes and remains blinded until the analysis process is complete. As the intervention poses no risk, the establishment of a data monitoring committee is not required, and the authors will finalize the manuscript only after the final unblinding.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Behbahan Islamic Azad University Ethics Committee

Street address

Shahid Bayani St., Amir Kabir Blvd.

City

Behbahan

Province

Khouzestan

Postal code

6361713198

Approval date

2026-07-28, 1405/05/06

Ethics committee reference number

IR.IAU.BEHBAHAN.REC.1405.214

Health conditions studied

1

Description of health condition studied

Children with learning disabilities

ICD-10 code

F81.9

ICD-10 code description

Developmental disorder of scholastic skills, unspecified

Primary outcomes

1

Description

Self-esteem

Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Mavroli et al.'s Children's Self-Esteem Questionnaire (2008)

2

Description
Resilience
Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Angar and Liebenberg Resilience Questionnaire (2009)

3

Description
Mental vitality
Timepoint
Before performing the intervention and two weeks after completion of the intervention
Method of measurement
Ryan and Frederick Mental Vitality Questionnaire (1997)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The mindfulness training program will be based on the standard mindfulness protocol for children designed by Sample and Lee (2008; translated by Mashhadi et al., 2017). The sessions of this intervention will be conducted in 8 60-minute sessions (one session per week) in a group setting for the experimental group. Mindfulness training is an approach that aims to increase attention to the present moment, reduce anxiety and rumination, and develop emotional regulation skills by promoting sensory and physical awareness. It helps students with dyslexia manage their academic and emotional challenges by replacing automatic and stressful reactions with responses based on calm and acceptance, and achieve the promotion of self-esteem, resilience, and mental vitality. This approach has main educational axes that lead to improved self-control and enhanced concentration; These axes include: establishing a therapeutic relationship and introducing the concept of mindfulness and paying attention to the present moment through sensory exercises (such as the raisin exercise), strengthening conscious attention to the environment through stimulating the five senses, teaching conscious breathing as an anchor for achieving calm, increasing body awareness and relaxation through body scan exercises, identifying and accepting difficult emotions (stress, anxiety, sadness, and anger) without judgment, teaching strategies for overcoming academic procrastination and managing behavior, integrating mindfulness with physical activities and stretching movements, and finally consolidating skills, building a personal mindfulness toolbox, and summarizing what has been learned. The main emphasis of this program is to direct children's non-judgmental attention to internal and external experiences and replace anxious and procrastinating patterns with conscious, flexible, and focused behaviors.
Category
Behavior

2

Description
Control group: They do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Abuzar Ghaffari Primary School
Full name of responsible person
Fatemeh Salahshouri
Street address
Shahid Alipour Alley, Across from the Fire Station, End of Emam Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Behrang Mohammad Salehi
Street address
Daneshjo Square, Zagros Blvd.
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Postal code
6391693627
Phone

+98 996 477 0611

Email

bsalehi@iau.ac.ir

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

Fatemeh Salahshouri

Position

Master's Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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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

Participant data is completely confidential and I do not intend to publish it.

Study Protocol

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

Statistical Analysis Plan

No - There is not 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

No - There is not a plan to make this available

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