Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Efficacy of Online Group Mindfulness Training on Reducing Stress, Anxiety, and Depression in Teachers During Wartime

Protocol summary

Study aim

To evaluate the efficacy of an online group mindfulness-based training program on alleviating perceived stress, anxiety, and depressive symptoms among elementary school teachers during wartime.

Design

A two-arm, parallel-group, single-blind (analyst) randomized controlled trial conducted entirely on a secure virtual platform.

Settings and conduct

This is a two-arm, parallel-group, single-blind (analyst-blinded) randomized controlled trial conducted among primary school teachers in District 5 of the Department of Education in Tehran, Iran. Participants are recruited via electronic open calls. Following initial screening and baseline electronic data collection via the Porsline online survey platform, eligible teachers are randomly allocated (1:1 ratio using sequentially numbered opaque sealed envelopes) into either an intervention or a waitlist control group. The intervention group receives 8 weekly 75-minute online group mindfulness sessions via the Bale application platform. The control group receives no intervention during the study period. To minimize evaluation bias, the statistical data analyst remains strictly blinded to group allocation (labeled as Groups A and B).

Participants/Inclusion and exclusion criteria

36 primary school teachers from District 5, Tehran, with ≥3 years of tenure and mild-to-moderate DASS-21 baseline scores. Severe mental conditions or absence >20% serve as exclusion criteria.

Intervention groups

Intervention group receives 8 weekly 75-minute online MBSR sessions (body scan, mindful breathing, meditation). Control group receives no active training during the trial (waitlist control) and gets materials post-study.

Main outcome variables

Mean scores of stress, anxiety, and depression measured via the validated DASS-21 instrument at baseline and immediately post-intervention (week 8).

General information

Reason for update

Acronym

OGMT-T

IRCT registration information

IRCT registration number: **IRCT20260904070905N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date

2026-09-07, 1405/06/16

Registrant information

Name

Sharareh Zeighami mohammadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 26 3418 2570

Email address

zeighami20@yahoo.com

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-09-23, 1405/07/01

Expected recruitment end date

2026-12-21, 1405/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Efficacy of Online Group Mindfulness Training on Reducing Stress, Anxiety, and Depression in Teachers During Wartime

Public title

Impact of Virtual Mindfulness Practice on Mental Health and Stress Reduction in Teachers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Employed as an elementary school teacher in District 5, Tehran Minimum of 3 years teaching experience Mild-to-moderate baseline scores on DASS-21 (stress, anxiety, or depression) Access to a smartphone/computer and stable internet No participation in psychotherapy or mindfulness training in the past 6 months Signed electronic informed consent.

Exclusion criteria:

Severe acute psychiatric disorders or concurrent new pharmacological/psychological treatment Absence in more than 20% of online sessions (>1 session) Incomplete post-test questionnaire Voluntary withdrawal from the study.

Age

From **22 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Due to the inherent nature of psychological/educational interventions, blinding of participants and the interventionist is not feasible; therefore, a single-blind design is employed. The outcome assessor and data analyst are kept completely blinded to group allocations throughout the trial. Data retrieved from the online survey platform (Porsline) are coded anonymously as Group A and Group B before statistical analysis to minimize assessment and analytical biases.

Blinding (investigator's opinion)

Single blinded

Blinding description

The outcome assessor and data analyst are blinded to group allocations (coded as Group A vs. Group B) throughout the trial and statistical analysis.

Placebo

Not used

Assignment

Parallel

Other design features

Two-arm, pretest-posttest, parallel-group randomized controlled trial.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Islamic Azad University - Karaj Branch

Street address

Research Ethics Committee, Vice-Chancellor for Research, Amir-al-Momenin Campus, Moazzen Blvd, Rajaee Shahr, Karaj, Alborz Province, Iran (Postal Code: 3149968111)

City

karaj

Province

Alborz

Postal code

3149968111

Approval date

2026-07-25, 1405/05/03

Ethics committee reference number

IR.IAU.K.REC.1405.060

Health conditions studied

1

Description of health condition studied

Psychological stress

ICD-10 code

Z73.3

ICD-10 code description

Stress, not elsewhere classified

2

Description of health condition studied

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

3

Description of health condition studied

Depression

ICD-10 code

F32.9

ICD-10 code description

Major depressive disorder, single episode, unspecified

Primary outcomes

1

Description
Stress score
Timepoint
Before the intervention and immediately after the end of the intervention (week 8)
Method of measurement
Stress subscale of the 21-item Depression, Anxiety, and Stress Scale

2

Description
Anxiety score
Timepoint
Before the intervention and immediately after the end of the intervention (week 8)
Method of measurement
Anxiety subscale of the 21-item Depression, Anxiety, and Stress Scale

3

Description
Depression score
Timepoint
Before the intervention and immediately after the end of the intervention (week 8)
Method of measurement
Depression subscale of the 21-item Depression, Anxiety, and Stress Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Participants in the intervention group receive an online group mindfulness training program based on the Mindfulness-Based Stress Reduction (MBSR) protocol. The course is conducted online via the Bale messenger platform in 8 weekly 90-minute sessions (one session per week for 8 weeks). The session topics include mindfulness of breathing and body scan, sitting meditation, gentle mindful movement/yoga, awareness of unpleasant thoughts and emotions, stress and anxiety coping techniques during wartime conditions, and daily home practices (20-30 minutes) supported by guided audio files.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
District 5 Education Administration of Tehran
Full name of responsible person
فریده صافی
Street address
No. 2, Nastaran Alley, Shahid Ebrahimi St., Mohammad Ali Jenah Expressway, Sadeghiyeh Second Square
City
Tehran
Province
Tehran
Postal code
1481713111
Phone
+98 21 4400 8000
Email
faridehsafi@yahoo.com
Web page address
https://tehranedu.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
معاونت پژوهش و فناوری دانشگاه آزاد اسلامی واحد کرج
Street address
Amir-al-Momenin Campus, Moazzen Blvd., Rajaee Shahr
City
karaj
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Alborz
Postal code
3149968111
Phone
+98 26 3425 8500
Email
research@kiau.ac.ir
Web page address
https://karaj.iau.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Personal funds of the researcher and Islamic Azad University, Karaj Branch
Proportion provided by this source
100
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

Full name of responsible person

Sharareh zeighami mohammadi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Amir-al-Momenin Campus, Moazzen Blvd., Rajaee Shahr

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Person responsible for updating data

Contact

Name of organization / entity

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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

To protect participant confidentiality regarding mental health data (stress, anxiety, and depression) among teachers and in accordance with ethical standards, individual participant data (IPD) will not be shared publicly, as informed consent was not obtained for raw data sharing.

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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Study protocol, statistical analysis plan (SAP), and the final clinical trial report.

When the data will become available and for how long

Available from the date of study completion until 5 years after the publication of the main results.

To whom data/document is available

Academic researchers and clinical experts.

Under which criteria data/document could be used

For scientific validation, meta-analysis, and further academic research related to mindfulness and mental

health.

From where data/document is obtainable

The corresponding author (Dr. Sharareh Zeighami Mohammadi) via email.

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

Researchers must submit a formal request via email including their institutional affiliation and a brief description of their research purpose. Requests will be reviewed for scientific relevance.

Comments

No individual participant raw data will be shared to ensure strict compliance with patient privacy and ethics.