Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing the effectiveness of group mindfulness with self-guided mindfulness on concentration and anxiety in adolescent athletes.

Protocol summary

Study aim
Comparing the effectiveness of group mindfulness with self-guided mindfulness on concentration and anxiety in adolescent athletes.

Design
The clinical trial has a control group with parallel groups, double-blind, selected by purposive randomization, and with a sample size of 45 people, they are placed in three groups of 15 people by simple randomization.

Settings and conduct
This study will use a field experimental research method and an extensive pre-test and post-test design with a follow-up phase. All participants, clinical caregivers, and evaluators who interpret the data will be kept confidential and all participants will be given pseudonyms.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Being aged between 12 and 17 years. Having pursued at least one sport professionally for a period of 3 years. Exclusion Criteria Having psychological problems. Having physical problems that interfere with the research process.

Intervention groups
Intervention Group 1: Implementation of the Kabat-Zinn (2008) group mindfulness protocol in the form of 8 training sessions, each lasting 90 minutes, will be implemented weekly for members of Experimental Group 1. Intervention Group 2: Implementation of the self-guided mindfulness protocol based on the model of Mohammadi et al. (2016) in the form of 8 training sessions, each lasting 90 minutes, will be implemented weekly for members of Experimental Group 2. Control Group: Will not receive any intervention.

Main outcome variables
Concentration; anxiety.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260906070927N1**
Registration date: **2026-09-20, 1405/06/29**
Registration timing: **prospective**

Last update: **2026-09-20, 1405/06/29**
Update count: **0**

Registration date
2026-09-20, 1405/06/29

Registrant information

Name
Saeed Momeni

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 916 991 6113

Email address
saeidmomeni.sm90@gmail.com

Recruitment status
Recruitment complete

Funding source

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

Expected recruitment end date
2026-10-16, 1405/07/24

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of group mindfulness with self-guided mindfulness on concentration and anxiety in adolescent athletes.

Public title
Comparing the effectiveness of group mindfulness with self-guided mindfulness
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Being aged between 12 and 17 years. Having pursued at least one sport professionally for a period of 3 years. Obtaining informed consent from both parents and the student for participating in the training sessions.
Exclusion criteria:
Having psychological problems. Having physical problems that interfere with the research process. Use of psychiatric medications. Use of psychotropic or narcotic drugs.
Age
From **12 years** old to **17 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, to achieve completely random allocation and eliminate any researcher interference or bias, a simple randomization method will be used. First, a complete list of adolescent athletes in Izeh County who meet the inclusion criteria will be prepared. Then, each of them will be assigned an initial numerical identification code. These codes will be entered into the Random Number Generator software. The software will generate a unique random number for each person. After generating the numbers, the participants will be listed in ascending order based on the value of the random number. Then, sequentially, the first to fifteenth individuals on the list will be assigned to the “group mindfulness training group,” the sixteenth to thirtieth individuals to the “self-guided mindfulness training group,” and the thirty-first to forty-fifth individuals to the “control group.” This process will be designed in such a way that the order of entry or the researcher’s knowledge of the participants will have no role in the allocation process, and it will not be possible to predict each individual’s group before randomization is complete.
Blinding (investigator's opinion)
Double blinded
Blinding description
In order to control bias and improve internal validity of the study, this study was designed with a double-blind protocol; in this way, the outcome assessor and data analyst will be kept unaware of the allocation of adolescent athletes to the "group mindfulness", "self-guided mindfulness" and "control" groups. In this process, the outcome assessor will collect data at all stages of the pre-test, post-test and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1, 2 and 3) and the true nature of the groups will not be revealed until the end of the data analysis process. All allocation steps will be carried out by an individual independent of the research team and decoding of allocation codes will be done only after the final completion of the statistical analyses.
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
2026-06-13, 1405/03/23
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1405.143

Health conditions studied

1

Description of health condition studied
Anxiety in athletes
ICD-10 code
F41
ICD-10 code description
Other anxiety disorders

Primary outcomes

1

Description
Focus
Timepoint
before performing the intervention and two weeks after

completion of the intervention

Method of measurement

Dinat et al.'s Sports Concentration Test (2014)

2

Description

Anxiety

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Martinez Competitive Anxiety Questionnaire (1977)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group 1: Implementation of the Kabat-Zinn (2008) group mindfulness protocol will be implemented in the form of 8 training sessions, each lasting 90 minutes, and weekly for members of experimental group 1. The group mindfulness training protocol is based on the Mindfulness-Based Stress Reduction (MBSR) model designed by Kabat-Zinn (1991; 2008), an approach that aims to increase moment-to-moment awareness of thoughts, feelings, and emotions and accept internal and external experiences without judgment, helping participants to establish a more constructive relationship with stress and negative emotions by reducing automatic reactions. This approach promotes self-awareness, emotion regulation, and reduction of stress and anxiety symptoms through physical (relaxation), respiratory (conscious attention to breathing), and cognitive (observing thoughts and accepting them without judgment) exercises. The educational program of this intervention has the following main educational axes: muscle relaxation training, conscious attention to breathing training, body scan technique training for awareness of physical sensations, mindfulness training (nonjudgmental acceptance of negative and positive thoughts), and integration and consolidation of mindfulness skills in daily life. The main emphasis of this treatment is to reduce immediate anxious and emotional reactions when faced with stressors and replace them with conscious, accepting responses based on being present in the present moment.

Category

Behavior

2

Description

Intervention group: Intervention Group 2: Implementation of the self-guided mindfulness protocol based on the model of Mohammadi et al. (2016), in the form of 8 training sessions, each lasting 90 minutes, will be implemented weekly for members of the experimental group 2. The self-guided mindfulness protocol, derived from the research model of Mohammadi et al. (2016), is an approach that focuses on internal exercises and self-initiated learning with the aim of empowering learners for emotional and cognitive self-regulation. This method teaches individuals to independently manage their stress, thoughts, and emotions by identifying their internal mechanisms. This intervention helps participants internalize self-regulation skills and actively apply them in their daily lives through exercises such as self-guided body awareness, mindful self-mastery, self-centered breathing, self-guided body movement, and mindfulness of thoughts. The educational program of this intervention has the following main educational axes: body awareness and tension release, mindful self-mastery and designing a personal exercise program, self-centered breathing practice for relaxation, self-guided body movement without external guidance, mindfulness of thoughts and confronting negative thoughts, and self-directed integration of skills to face challenges. The main emphasis of this treatment is to develop the individual's ability to direct and manage their internal processes in an independent and sustainable manner.

Category

Behavior

3

Description

Control group: They do not receive any intervention or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Ahmadi Sports Complex

Full name of responsible person

Saeed Momeni

Street address

Key Shams Street, North Hafez Boulevard.

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Email

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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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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
Saeed Momeni

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