Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of high school female students with test anxiety

Protocol summary

Summary

(1) Objectives: The aim of this study is to examine the Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of female students with test anxiety. (2) Design: General plan of this study is consisted of experimental pre-test and post-test with follow-up period. (3) Setting and conduct: The study population were 50 female secondary school students, who obtain higher than 13 score in Sarason Test Anxiety Inventory(TAS), and they did not receive any treatment in the last month. Then these people were randomly divided into two groups: experimental(Mindfulness-based stress reduction) and control group. Each group were completed Hill's Perfectionism Inventory(HPI) and Cognitive Emotion Regulation (CERQ) and Connor-Davidson Resilience scale(CD-RS); as a pre-test, post-test and three months after the completion of their intervention. (4) The main conditions of inclusion and exclusion criteria of participants: Inclusion criteria: Female high school students, The average anxiety score in Sarason test anxiety (score above 13). Exclusion criteria: The other diagnostic criteria on axis I, Absence of more than three days in treatment. (5) Interventions: Mindfulness-based stress reduction is designed at 8 weekly 2-hour session. Control group do not receive any psychotherapy. (6) Main outcome measures: In this study the main variables are test anxiety, perfectionism, emotional regulation and resiliency.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061122657N1**
Registration date: **2016-01-15, 1394/10/25**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2016-01-15, 1394/10/25

Registrant information

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Shokooh Shahidi
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences and Health Services

Expected recruitment start date

2015-12-21, 1394/09/30

Expected recruitment end date

2016-02-19, 1394/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Mindfulness-based stress reduction on perfectionism, emotional regulation, resiliency and symptom severity of high school female students with test anxiety

Public title
The impact of mindfulness on perfectionism, emotion regulation and anxiety
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: 1) Female high school students; 2) Willingness to participate in treatment; 3. The average anxiety score in Sarason test anxiety (score above 13). Exclusion criteria: 1) The other diagnostic criteria on axis I; 2) Absence of more than three days in treatment; 3) History of psychological and pharmacological interventions to reduce anxiety during the past month.
Age
From **15 years** old to **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Randomization in this plan is by table of random numbers.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kashan University of Medical Sciences and Health Services
Street address
Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan, Iran
City
kashan
Postal code
8715988141
Approval date
2015-08-29, 1394/06/07
Ethics committee reference number
IR.KAUMS.REC1394.56

Health conditions studied

1

Description of health condition studied
test anxiety
ICD-10 code
F40.1
ICD-10 code description
Fear of scrutiny by other people leading to avoidance of social situations. More pervasive social phobias are usually associated with low self-esteem and fear of criticism. They may present as a complaint of blushing, hand tremor, nausea, or urgency of mi

Primary outcomes

1

Description
Test anxiety
Timepoint
before intervention, After intervention, 3 month after intervention
Method of measurement
Test Anxiety Sarason(TAS)

2

Description
Perfectionism
Timepoint
Before intervention, After intervention, 3 month after intervention
Method of measurement
Hill’s Perfectionism Inventory(HPI)

3

Description
Emotion Regulation
Timepoint
Before intervention, After intervention, 3 month after intervention
Method of measurement
Cognitive Emotion Regulation Questionnare(CERQ)

4

Description
Resiliency
Timepoint
before intervention, After intervention, 3 month after intervention
Method of measurement
Connor-Davidson Resilience scale(CD-RS)

Secondary outcomes

empty

Intervention groups

1

Description
Mindfulness Based Stress Reduction; 8 sessions; 2 hours, intervention group
Category
Behavior

2

Description
No action , control group
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Non-government Hanan High school
Full name of responsible person
Zahra Montaseri
Street address
Golpayegan- St. Ayatollah Golpayegani - Alley 16
City
Golpayegan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Kashan University of Medical Sciences and Health Services
Full name of responsible person
Dr Qolam Ali Hamidi
Street address
Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan
City
Kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research of Kashan University of Medical Sciences and Health Services
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
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Kashan University of Medical Sciences and Health Services
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty