Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

effectiveness of Mindfulness-Acceptance-Commitment-Based Approach to Athletic Performance Enhancement and the Sport Competition Anxiety in Athlete students

Protocol summary

Study aim

The main purpose of the present study is determine effectiveness of Mindfulness-Acceptance-Commitment-Based Approach to Athletic Performance Enhancement and the Sport Competition Anxiety in Athlete students.

Design

The present study design is a type of experimental (sampling available with random replacement) with a pretest, post-test design with control group. The statistical population of the study were athletic students of Iran University of Medical Sciences and Tehran University of Medical Sciences. The women's basketball team of the Iran and Tehran University of Medical Sciences well be selected as 37 people for the research sample. The sample size of the present study well be calculated based on previous studies and through the following formulas by considering the test power of 80% and a confidence level of 95%: n=□2(z_(1-a/2)+z_(1-β))□^2/Δ^2+ 1 Where: n = sample size Z1-α/2 = 1.96 when α = 5% for two-sided test Z1-β = 0.842 when β = 20% (test power = 80%) Δ= effect size The study samples well be randomly divided into two experimental and control groups by random numbers generation. The control group dose not receive any intervention. Subjects complete the research questionnaires before and after the intervention.

Settings and conduct

After coordination with the Faculty of Education, Intervention sessions will start. In this study, after the randomization of the subjects, the experimental group Will be intercepted based on the Moore & Gardner MAC Protocol conducted for 8 sessions of 1.5 hours and grouped in physical education faculty of Iran University of Medical Sciences by Ph.D. student of clinical psychology who has passed the MAC curriculum (7). The control group will not receive any intervention. Intervention session orders include: Psychoeducation Phase: implementation of pre- test included Assessment of, Athletic Performance, the Sport Competition Anxiety and Experiential avoidance Introducing Mindfulness-Acceptance-Commitment-Based Approach assessment of One's Relationship with Internal Experiences Challenging the control of negative thoughts and emotions (control as the problem: creative hopelessness) and the Destructive Effects of Experiential Avoidance Introductory Breathing Exercise Introduction to self-monitoring Mindfulness phase: Continuing Previous exercises Introducing Mindfulness and Cognitive defuse To teach mindfulness exercises included: Body scan practice, The Three Minute Breathing Space and Mindfulness practice in everyday life Values identification and Commitment Phase: Continuing Previous exercises Introducing Values and Values-Driven Behavior Assessment of Values, Goals, Actions, and Barriers Increasing Engagement in Valued Activities Acceptance Phase: Introducing Acceptance and Enhancing Commitment: Cultivating Acceptance through Mindfulness skills and metaphors Integration and Practice Phase: Maintaining and Enhancing Mindfulness, Acceptance, and Commitment implementation of post-test included Assessment of Athletic Performance, the Sport Competition Anxiety and Experiential avoidance

Participants/Inclusion and exclusion criteria

The participants in the study are female athletes and are studying at the Iran University of Medical Sciences and Tehran, and have two training sessions a week and were preparing for sports competitions. Athletes were from different fields of study and medical education, and their age range was between 18 and 30. Frist, Psychiatric Interview Based on DSM-5 were conducted for research samples and subjects suffering from mental disorders were excluded from the study.

Intervention groups

The intervention group includes athlete students from Iran and Tehran Medical Sciences Universities and are studying in medical sciences. Subjects are a member of

the sports basketball team. And the age range is between 18 and 30.The control group is similar to the intervention group. Subjects were randomly assigned into two intervention and control groups.In order to observe the ethics of research, the MAC approach was taught to control group subjects after the intervention.

Main outcome variables

Sport anxiety sport performance acceptance

General information

Reason for update

Acronym

MAC

IRCT registration information

IRCT registration number: **IRCT20170409033333N1**
Registration date: **2017-12-17, 1396/09/26**
Registration timing: **retrospective**

Last update: **2017-12-17, 1396/09/26**
Update count: **0**

Registration date

2017-12-17, 1396/09/26

Registrant information

Name

Hadi Ghazanfari

Name of organization / entity

Iran univercity of medical of iran

Country

Iran (Islamic Republic of)

Phone

+98 21 6655 1616

Email address

ghzanfari.h@tak.iums.ac.ir

Recruitment status

Recruitment complete

Funding source

iran univercity of medical science

Expected recruitment start date

2017-04-21, 1396/02/01

Expected recruitment end date

2017-06-21, 1396/03/31

Actual recruitment start date

2017-04-21, 1396/02/01

Actual recruitment end date

2017-06-21, 1396/03/31

Trial completion date

empty

Scientific title

effectiveness of Mindfulness-Acceptance-Commitment-Based Approach to Athletic Performance Enhancement and the Sport Competition Anxiety in Athlete students

Public title

effectiveness of Mindfulness-Acceptance-Commitment-Based Approach to Athletic Performance Enhancement and the Sport Competition Anxiety in Athlete students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

being a member of the sports team in university age range 18-30 years absence of acute and debilitating mental disease

Exclusion criteria:

no student athletic having a psychiatric disorder

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**
Actual sample size reached: **29**

Randomization (investigator's opinion)

Randomized

Randomization description

by random numbers table

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Iran University of Medical Sciences

Street address

Shahid Hemmat Highway

City

Tehran

Province

Tehran

Postal code

56765421234

Approval date

2017-02-13, 1395/11/25

Ethics committee reference number

IR.IUMS.REC 1395.95-04-185-29333

Health conditions studied

1

Description of health condition studied
Anxiety
ICD-10 code
F48.9
ICD-10 code description
Nonpsychotic mental disorder, unspecified

Primary outcomes

1

Description
Sport performance
Timepoint
pretest and post test
Method of measurement
questionnaire

Secondary outcomes

1

Description
the Sport Competition Anxiety
Timepoint
Pretest; post test
Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: Intervention session orders include: session 1-2: Psycho-education Phase: implementation of pretest included Assessment of Athletic Performance, the Sport Competition Anxiety and Experiential avoidance; Introducing Mindfulness-Acceptance-Commitment-Based Approach; assessment of One's Relationship with Internal Experiences; Challenging the control of negative thoughts and emotions (control as the problem: creative hopelessness) and the Destructive Effects of Experiential Avoidance; Introductory Breathing Exercise; Introduction to self-monitoring. Session 3-4: Mindfulness phase: Continuing Previous exercises; Introducing Mindfulness and Cognitive defuse; to teach mindfulness exercises included: Body scan practice, The Three Minute Breathing Space and Mindfulness practice in everyday life. Session 5-6: Values identification and Commitment Phase: Continuing Previous exercises; Introducing Values and Values-Driven Behavior; Assessment of Values, Goals, Actions, and Barriers; Increasing Engagement in Valued Activities. Session 7-8: Acceptance Phase: Introducing Acceptance and Enhancing Commitment: Cultivating Acceptance through Mindfulness skills and metaphors Integration and Practice Phase: Maintaining and Enhancing Mindfulness, Acceptance, and Commitment implementation of post- test included Assessment of Athletic Performance, the Sport Competition Anxiety and Experiential avoidance.
Category
Treatment - Other

2

Description
Control group: In the research stage, the control group did not receive intervention. In order to observe the ethics of research, the MAC approach was taught to control group subjects after the research Which is as follows: Intervention session orders include: session 1-2: Psycho-education Phase: implementation of pretest included Assessment of Athletic Performance, the Sport Competition Anxiety and Experiential avoidance; Introducing Mindfulness-Acceptance-Commitment-Based Approach; assessment of One's Relationship with Internal Experiences; Challenging the control of negative thoughts and emotions (control as the problem: creative hopelessness) and the Destructive Effects of Experiential Avoidance; Introductory Breathing Exercise; Introduction to self-monitoring. Session 3-4: Mindfulness phase: Continuing Previous exercises; Introducing Mindfulness and Cognitive defuse; to teach mindfulness exercises included: Body scan practice, The Three Minute Breathing Space and Mindfulness practice in everyday life. Session 5-6: Values identification and Commitment Phase: Continuing Previous exercises; Introducing Values and Values-Driven Behavior; Assessment of Values, Goals, Actions, and Barriers; Increasing Engagement in Valued Activities. Session 7-8: Acceptance Phase: Introducing Acceptance and Enhancing Commitment: Cultivating Acceptance through Mindfulness skills and metaphors Integration and Practice Phase: Maintaining and Enhancing Mindfulness, Acceptance, and Commitment implementation of post- test included Assessment of Athletic Performance, the Sport Competition Anxiety and Experiential avoidance.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Iran University of Medical Science, Gymnasium
Full name of responsible person
Hadi Ghazanfari
Street address
Sports hall, Iran University of Medical Sciences, Hemmat Highway, Tehran
City
Tehran
Province
Tehran
Postal code
14665-354
Phone
+98 21 6655 1616
Fax

+98 21 8805 2248

Email
Ghazanfari.hadi67@gmail.com

Web page address
http://iums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Hadi Ghazanfari

Street address
Iran University of Medical Sciences, Hemmat Highway, Tehran

City
Tehran

Province
Tehran

Postal code
+(98-21) 88052248

Phone
+98 21 6655 1616

Fax
+98 21 5566 1212

Email
Ghazanfari.hadi67@gmail.com

Grant name
Deputy of Research of Iran University of Medical Sciences

Grant code / Reference number
95-04-185-29333-

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Iran University of Medical Sciences

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
Iran University of Medical Sciences

Full name of responsible person
Hadi ghazanfari

Position
Student. Ph.D

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
Tehran; Shahid Hemmat Highway, Next to the Milad Tower, Iran University of Medical Sciences

City
Tehran

Province
Tehran

Postal code
14665-354

Phone
+98 21 6655 1616

Fax
+98 21 6655 1616

Email
Ghazanfari.hadi67@gmail.com

Web page address
http://iums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Hadi ghazanfari

Position
PhD student

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
تهران، بزرگراه همت، دانشگاه علوم پزشکی ایران

City
Tehran

Province
Tehran

Postal code
+(98-21) 86709

Phone
+98 21 6655 1616

Fax
+98 21 6655 1616

Email
ghazanfari.hadi67@gmail.com

Web page address
http://iums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Hadi ghazanfari

Position
PhD student

Latest degree
Master

Other areas of specialty/work
Psychology
Street address
Iran University of Medical Sciences
City
Tehran
Province
Tehran
Postal code
123456789
Phone
+98 21 6655 1616
Fax
+98 21 6655 1616
Email
ghazanfari.hadi67@gmail.com
Web page address

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
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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Research article
When the data will become available and for how long
2017
To whom data/document is available
Free
Under which criteria data/document could be used
For use in evidence-based treatments
From where data/document is obtainable
Hadi Ghazanfari; Email: ghazanfari.hadi67@gmail.com
What processes are involved for a request to access data/document
Email: ghazanfari.hadi67@gmail.com
Comments