Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

Protocol summary

Study aim

The present study intended to Develop a Phenomenological Model of Coping with Job Stress and Compar the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

Design

Three arm parallel groups randomized trial without blinded assessment. A number of 60 employees, will be enrolled between April 2019 and May 2019, and followed for one month.

Settings and conduct

A clinical trial study will perform to see whether or not (MBCT) and (MQ) have an effect on Job Stress, Anxiety, Depression and Burnout . A number of 60 employees who have worked at least 1 year in the technical wards of Iran Chemical Industry Investment Company, will take part in the study. The participants randomly will be assigned to three groups of control (n=20), MBCT (n=20), and MQ (n=20). The MBCT group will participate in MBCT class and the MQ group will participate in MQ class for 10 sections . The control group, on the other hand, will receive anything.

Participants/Inclusion and exclusion criteria

Having at least one year of work experience in one of the technical units of Tamkar-Industial Company’.

Intervention groups

First Intervention Group : Mindfulness-Based Cognitive Therapy Group (MBCT) Second Intervention Group: Made Questionnaire Group (MQ) Third Group: Control Group

Main outcome variables

The score of Job Stress, The score of Anxiety, The score of Depression and The score of Burnout

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190122042451N2**
Registration date: **2019-03-10, 1397/12/19**
Registration timing: **registered_while_recruiting**

Last update: **2019-03-10, 1397/12/19**
Update count: **1**

Registration date

2019-03-10, 1397/12/19

Registrant information

Name

Somayeh Gorji

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3653 2957

Email address

somayeh.gorji@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-20, 1397/12/01

Expected recruitment end date

2020-02-20, 1398/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

Public title
Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
being interested in attending the study, having at least one year of work experience in one of the technical units of Tamkar-Industial Company. no history of psychotic disorders , and taking the related medications. working in a day shift not facing everyday life stressful events such as a death, divorce and other miserable events in a year prior to the study

Exclusion criteria:
Facing everyday life stressful events such as a death, divorce and other miserable events in a year prior to the study Beginning to take the medications related to psychotic disorders being absence for tree or more sections.

Age
From **21 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Through a random selection, 60 staff were randomly selected and assigned to two groups study and control by subjects’ selection of a color ball from a box

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
Islamic Republic of Iran Ministry of Health & Medical Education Deputy of Research & Technology Nati

Street address
NO 13, Block A, St Arghavaniye, Khorasgan Univercity Isfahan. Isfahan.

City
Isfahan

Province
Isfehan

Postal code
3999881551

Approval date
2018-12-29, 1397/10/08

Ethics committee reference number
IR.IAU.KHUISF.REC.1397.167

Health conditions studied

1

Description of health condition studied
Job Stress, Anxiety, Depression and Burnout

ICD-10 code
F48.8

ICD-10 code description
Occupational neurosis, including writer cramp

Primary outcomes

1

Description
The score of depression via Beck Depression Inventory

Timepoint
Measuring the score of depression via Beck Depression Inventory before, immediately & 1 month after intervention.

Method of measurement
Beck Depression Inventory

2

Description
The score of anxiety via Beck anxiety Inventory

Timepoint
Measuring the score of anxiety via Beck anxiety Inventory before, immediately & 1 month after intervention.

Method of measurement
Beck anxiety Inventory

3

Description
The score of Job Stress via Job Stress Questioner.

Timepoint

Measuring the score of Job Stress via Job Stress Questioner before, immediately & 1 month after intervention

Method of measurement

Job Stress Questioner

Secondary outcomes

1

Description

The score of job burnout

Timepoint

before, immediately & 1 month after intervention

Method of measurement

Geldard Burnout Inventory

Intervention groups

1

Description

First Intervention group : learning Mindfulness-Based Cognitive Therapy throw 10 section

Category

Treatment - Other

2

Description

second Intervention group: learning new didactic pack throw 10 section

Category

Treatment - Other

3

Description

Control group: will receive anything

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran Chemical Industry Investment Company

Full name of responsible person

Somayeh Gorji

Street address

The Post Of The Shahid Montazery Powerhouse, Isfahan

City

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Postal code

8335144114

Phone

+98 31 3380 8350

Email

s.gorji90@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tamkar-Industial Company

Full name of responsible person

Mohammad Reza Brekatain

Street address

No. 159, Dolat Abad St., Baharestan Indusrerial Ave., Isfahan Town

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Province

Isfehan

Postal code

8341645973

Phone

+98 31 4583 6071

Email

info@iranpetrotech.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tamkar-Industial Company

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

Industry

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Somayeh Gorji

Position

Student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact
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Islamic Azad University
Full name of responsible person
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Position
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Person responsible for updating data

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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
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Some of the demographic information Independent & dependent variables Results
When the data will become available and for how long
About tow or three month after the end of intervention.
To whom data/document is available
All of the researchers in humanism fields.
Under which criteria data/document could be used
Its useful for studies in humanism fields and that is free.
From where data/document is obtainable
Throw e.mail to author: somayeh.gorji@khuisf.ac.ir
What processes are involved for a request to access data/document
Throw e.mail to author: somayeh.gorji@khuisf.ac.ir
Comments