Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Evaluation of the Effectiveness of Mindfulness Training on Cognitive Flexibility and Job Burnout Bandar anzali Customs Staff

Protocol summary

Study aim
Evaluation of the Effectiveness of Mindfulness Training on Cognitive Flexibility and Job Burnout Bandar anzali Customs Staff

Design
In this study, 30 customs officers of Bandar Anzali who are interested in studying and available are selected and 15 of them are randomly placed in the experimental group and 15 in the control group.

Settings and conduct
The research is done interventionally and effectively in the customs staff of Bandar Anzali and virtually

Participants/Inclusion and exclusion criteria
Entry requirements 1. Bandar Anzali customs staff 2. To be employed in customs in 1400 3. Be interested in cooperation 4. Has the position of administrative, technical and higher expert No entry conditions 1. Reluctance to participate in training sessions 2. Absence of more than two sessions in the intervention program 3. Disease

Intervention groups
. Experimental group of 15 people (in 8 sessions of 90 minutes, Mindfulness training is done in WhatsApp) 2. Control group of 15 people (no training is done) At the end of the course, cognitive flexibility and job burnout questionnaires will be provided to both groups.

Main outcome variables
cognitive flexibility؛burnout

General information

Reason for update

Acronym
MCJAC

IRCT registration information
IRCT registration number: **IRCT20210913052464N1**
Registration date: **2022-02-06, 1400/11/17**
Registration timing: **registered_while_recruiting**
Last update: **2022-02-06, 1400/11/17**
Update count: **0**

Registration date
2022-02-06, 1400/11/17

Registrant information

Name
Shahram Fozouni

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 13 4443 4042

Email address
shahramfozoni2021@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-01-27, 1400/11/07

Expected recruitment end date
2022-02-07, 1400/11/18

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the Effectiveness of Mindfulness Training on Cognitive Flexibility and Job Burnout Bandar anzali Customs Staff

Public title
Evaluation of the Effectiveness of Mindfulness Training on Cognitive Flexibility and Job Burnout Bandar anzali Customs Staff

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

anzali Customs Staff

Exclusion criteria:

Having a degree lower than bachelor of university

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

At first, according to the inclusion criteria, patients are selected and then according to the random sequence obtained through random allocation software, patients will be randomly divided into experimental and control groups. It is an individual randomization unit in such a way that 30 employees of Bandar Anzali customs were selected as mentioned and were classified into two groups of 15 people for testing and control.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Samples were divided into two groups: the first group was the experimental group with intervention and the second group was the control group without intervention

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Lahijan Branch of Azad University

Street address

Hafez St., Amoozgar Alley, Mahan Building, Unit 9

City

Lahijan

Province

Guilan

Postal code

4144891459

Approval date

2022-01-26, 1400/11/06

Ethics committee reference number

IR.IAU.LIAU.REC.1400.058

Health conditions studied

1

Description of health condition studied

Job burnout

ICD-10 code

ICD-10 code description

2

Description of health condition studied

cognitive flexibility

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Cognitive flexibility

Timepoint

4 sessions of 90 minutes in a month (four 4 weeks)

Method of measurement

cognitive flexibility questionnaire

2

Description

Job burnout

Timepoint

4 sessions of 90 minutes in a month (four 4 weeks)

Method of measurement

Through burnout test

Secondary outcomes

1

Description

Mindfulness

Timepoint

Measurement after 4 sessions of 90 minutes of mindfulness training in one month (4 weeks)

Method of measurement

Through questionnaires and tests

Intervention groups

1

Description

In this research, the effect of mindfulness training on cognitive flexibility and burnout of Anzali customs staff is studied. The method of this research will be quasi-experimental and pre-test-post-test research design with a control group. The statistical population of this research will consist of all customs employees of Anzali port in 1400. According to available statistics, the number of these people is 68 people. 30 of the mentioned employees will be selected by availability and

will be randomly assigned to two groups (15 people in the experimental group and 15 people in the control group).In this research, a mindfulness training package will be used for intervention. This package is based on mindfulness-based cognitive therapy and was developed by Van Sun et al. (2011). The package is offered in 8 sessions (90 minutes) which includes mindfulness training with breathing, detailed body examination training, bipolar encounter training, familiarity with bodily senses, empathy and observation of thoughts without judgment. . Mindfulness treatment program is performed for one month (4 weeks) twice a week for 90 minutes.

Category

Lifestyle

2

Description

Control group: 15 customs employees of Bandar Anzali will be tested to check the variables without any training

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychological counseling clinic avaye salamat

Full name of responsible person

Maryam Tadayon Tahmasebi

Street address

Hajiabad

City

Rasht

Province

Guilan

Postal code

4315876599

Phone

+98 13 3323 0993

Email

shahramfozoni2021@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

General Department of Customs of Bandar Anzali

Full name of responsible person

Abolghasem Yousefi Nejad

Street address

ateba

City

bandar anzali

Province

Guilan

Postal code

4315695765

Phone

+98 13 4442 9011

Email

shahramfozoni2021@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

General Department of Customs of Bandar Anzali

Proportion provided by this source

80

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahram Fozouni

Position

Customs officer

Latest degree

Bachelor

Other areas of specialty/work

Medical Education

Street address

Sahele gho _ golestan3 alley

City

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahram Fozouni

Position

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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
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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
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
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
All data obtained from the results of the questionnaires and the performance of the participants can be published

When the data will become available and for how long
Access starts from december 2021

To whom data/document is available
Data and other documents are available to all researchers in the field of research

Under which criteria data/document could be used
Send me an e-mail if other people request data and documentation

From where data/document is obtainable
Applicants should call Shahram Fazuni at 00989121960867 to receive the required documents or data.

What processes are involved for a request to access data/document
Applicants should call Shahram Fazuni at 00989121960867 to receive the required documents or data or submit an application by e-mail.

Comments