Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the effectiveness of Adolescent-Centered Mindfulness Treatment and Emotion Regulation Strategies Training on High-Risk Behaviors, Mind Wandering and Symptoms of Depressed Adolescents

Protocol summary

Study aim

This research is conducted with the aim of comparing the effectiveness of adolescent-oriented mindfulness therapy and teaching emotion regulation strategies on high-risk behaviors, mind wandering, and adolescent depression.

Design

Randomised clinical trial has a control group, double-blind, on 45 depressed teenagers.

Settings and conduct

A semi-experimental research has been conducted on depressed teenage girls in Isfahan city in 1400. double-blind (experimental group and control group).

Participants/Inclusion and exclusion criteria

Entry requirements: 1. Age range of 13-17 years, 2. Having literacy, 3. Not suffering from acute or chronic mental disorders in the past week (confirmed by a psychiatrist or clinical psychologist), 4. Not using From concurrent psychological treatments, 5. not taking psychiatric drugs for the past 3 months (by asking the clients) and 6. not suffering from physical diseases (diagnosed by a doctor and acknowledged by the client) that prevent them from participating in the plan be research Non-entry conditions: 1. Unwillingness to continue research; 2. Failure to do the assignments given in the sessions and 3. Absence of more than 2 sessions during the treatment.

Intervention groups

The first experimental group underwent eight weekly sessions of adolescent-oriented mindfulness. The second experimental group underwent eight training sessions on emotion regulation strategies. and the control group that did not receive any intervention.

Main outcome variables

Effective exposure of adolescents to dysfunctional people, events and attitudes Enhancing non-judgmental attention to a specific event in the present

General information

Reason for update

Acronym

MBT

IRCT registration information

IRCT registration number: **IRCT20230116057137N2**
Registration date: **2023-04-26, 1402/02/06**
Registration timing: **registered_while_recruiting**

Last update: **2023-04-26, 1402/02/06**
Update count: **0**

Registration date

2023-04-26, 1402/02/06

Registrant information

Name

Nooshin Salahi Esfahani

Name of organization / entity

Safahan Institute of Higher Education

Country

Iran (Islamic Republic of)

Phone

+98 31 3628 3309

Email address

r.izady@safahan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-09, 1402/01/20

Expected recruitment end date

2023-09-21, 1402/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison of the effectiveness of Adolescent-Centered Mindfulness Treatment and Emotion Regulation Strategies Training on High-Risk Behaviors, Mind Wandering and Symptoms of Depressed Adolescents

Public title
Effect of Adolescent-Centered Mindfulness Treatment and Emotion Regulation on High-Risk Behaviors, Mind Wandering and Symptoms of Depression.

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
1. Age range 13-17 years 2. Being able to read and write 3. Not suffering from acute or chronic mental disorders during the past week (confirmed by a psychiatrist or clinical psychologist) 4. Not using simultaneous psychological treatments 5. Not taking psychiatric drugs for the past 3 months (by asking clients) 6. Not suffering from physical diseases (diagnosed by a doctor and acknowledged by the client)

Exclusion criteria:
Being over 18 years old Suffering from physical and movement diseases Being illiterate or illiterate Suffering from chronic psychological diseases People undergoing psychological treatment. People who are taking psychiatric medication.

Age
From **12 years** old to **18 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Random method: simple random draw Randomization Unit: Individual Randomization tool: Lottery The numbers 1-60 are randomly distributed among 60 subjects, then we put the numbers 1-60 in the box and the first 15 numbers out of the box are in the first test group and the second 15 numbers are in the second test group and the remaining people in the group are under control.

Blinding (investigator's opinion)
Single blinded

Blinding description
Double-blind means that the people in the sample group did not know whether they were in the experimental group or the control group. Therefore, explaining the objectives of the research only for the experimental group and ignorance of the selection in the two groups was the blinding method of the present study, considering that after the work was completed, the treatment was also applied to the control group.

Placebo
Not used

Assignment
Other

Other design features
A factorial trial with a design provides separate assessment of the effects of more than one treatment.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Isfahan University

Street address
No. 8, Afshin Alley, Khaghani Street

City
Isfahan

Province
Isfehan

Postal code
8175857174

Approval date
2022-12-05, 1401/09/14

Ethics committee reference number
IR.UI.REC.1401.098

Health conditions studied

1

Description of health condition studied
High-Risk Behaviors, Mind Wandering, Depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
People who, in addition to having files in counseling centers with a diagnosis of depression, scored more than 20 in Beck's depression questionnaire.

Timepoint
Investigating depression at the beginning of the study, 60 and 45 days after the intervention

Method of measurement
Beck depression questionnaire

Secondary outcomes

1

Description

Reducing High_Risk behaviors

Timepoint

At the beginning of the study and 60 and 45 days after the intervention

Method of measurement

Questionnaire of risky behaviors

2

Description

Reducing mind wandering

Timepoint

At the beginning of the study and 60 and 45 days after the intervention

Method of measurement

Wandering Mind Scale

Intervention groups

1

Description

Intervention group: First, the first experimental group underwent eight weekly sessions of 60 minutes of adolescent-oriented mindfulness using the manual for teaching mindfulness skills to children and adolescents by Burdick .

Category

Treatment - Other

2

Description

Intervention group: Second, the second experimental group underwent eight weekly sessions of 60 minutes of emotion regulation strategies training using the book Emotion Regulation Strategies by Grass.

Category

Treatment - Other

3

Description

Control group: They did not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Safahan Counseling Center

Full name of responsible person

Raziyeh Izadi

Street address

Janbazan street, Maher Alley

City

Isfahan

Province

Isfehan

Postal code

8174743431

Phone

+98 31 3777 6556

Email

r.izady@safahan.ac.ir

Web page address

https://safahanpsy.ir

2

Recruitment center

Name of recruitment center

Masire Zendegi counseling center

Full name of responsible person

Hossein Rahimi

Street address

No. 84, Saadi Hospital Alley

City

Isfahan

Province

Isfehan

Postal code

8171857175

Phone

+98 31 3625 5636

Email

info@masir-zendegi.ir

Web page address

https://masir-zendegi.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Safahan Institute of Higher Education

Full name of responsible person

Dr. Mohammad Javad Liaqtdar

Street address

Janbazan Ave, Maher Alley

City

Isfahan

Province

Isfehan

Postal code

8174743431

Phone

+98 31 7777 6556

Email

edu@safahan.ac.ir

Web page address

https://safahan.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Safahan Institute of Higher Education

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
Safahan Institute of Higher Education

Full name of responsible person
Nooshin Salahi Esfahani

Position
Consultant

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
No. 8, Afshin Alley, Khaghani Street

City
Esfahan

Province
Isfehan

Postal code
8175857174

Phone
+98 31 3628 3309

Email
nse1375@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Safahan Institute of Higher Education

Full name of responsible person
Nooshin Salahi Esfahani

Position
Consultant

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
No. 8,Afshin Alley, Khaghani Street

City
Isfahan

Province
Isfehan

Postal code
8175857174

Phone
+98 31 3628 3309

Email
nse1375@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Safahan higher education institute

Full name of responsible person
Nooshin Salahi

Position
Consultant

Latest degree
Master

Other areas of specialty/work
Psychology

Street address
No. 8,Afshin Alley, Khaghani Street

City
]sfahan

Province
Isfehan

Postal code
8175857174

Phone
+98 31 3628 3309

Email
nse1375@yahoo.com

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
There is no further information.

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not 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