

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jun 2026

### The effectiveness of mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in people with emotional failure

#### Protocol summary

##### Study aim

Investigating mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in people with emotional failure

##### Design

Single-subject experimental design using the baseline method (with three baselines) and a one-month follow-up period. Samples (voluntary) were invited through advertisement. In the beginning, 9 people applied and during the initial interview, 6 people who met the conditions to enter the research were selected, and one person was removed during the research due to having criteria for exiting the research.

##### Settings and conduct

At first, all the necessary permits to conduct the research were received. The participants included 3 girls and 3 boys; At the beginning, once a week, the questionnaires related to love shock syndrome, quality of life, psychological acceptance and compassion were administered, which were embedded virtually and in Google Form, and the link it was made available to the participants to fill out. Then cognitive therapy intervention based on mindfulness in the form of 8 one-hour sessions began. And in the third, fifth and eighth sessions, the questionnaires were filled again by the participants.

##### Participants/Inclusion and exclusion criteria

Being in the age range of 18 to 38 years  
Obtaining an emotional failure scale score above 15  
Lack of experience of: death of first degree family members/ psychiatric drug/ substance abuse/other treatments/Consent to participate in meetings until the end of treatment

##### Intervention groups

this design can show the stability of the effects of the intervention for each person

##### Main outcome variables

Cognitive therapy based on mindfulness is effective on emotional failure and variables such as quality of life, psychological acceptance and compassion.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230727058943N1**

Registration date: **2023-08-20, 1402/05/29**

Registration timing: **retrospective**

Last update: **2023-08-20, 1402/05/29**

Update count: **0**

##### Registration date

2023-08-20, 1402/05/29

##### Registrant information

##### Name

donya fami tafreshi

##### Name of organization / entity

The University of khatam

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4473 5152

##### Email address

d.tafreshi@khatam.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-03-21, 1402/01/01

##### Expected recruitment end date

2023-04-21, 1402/02/01

##### Actual recruitment start date

2023-03-21, 1402/01/01  
**Actual recruitment end date**  
2023-04-21, 1402/02/01  
**Trial completion date**  
2023-07-30, 1402/05/08

#### Scientific title

The effectiveness of mindfulness- based cognitive therapy on quality of life, psychological acceptance and self-compassion in people with emotional failure

#### Public title

The effectiveness of mindfulness- based cognitive therapy in people with emotional failure

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Being in the age range of 18 to 38 years Obtaining an emotional failure scale score above 15 Consent to attend and participate in meetings until the end of treatment

##### Exclusion criteria:

The experience of the death of family members Taking psychiatric drugs Drug abuse Use of other treatments

#### Age

From **18 years** old to **38 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **6**

Actual sample size reached: **5**

#### Randomization (investigator's opinion)

N/A

#### Randomization description

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Single

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Shahid Beheshti University

##### Street address

Khatam University, No. 30, Hakim Azam St., Shiraz  
Shamali St., Mollasadra St., Tehran

##### City

Tehran  
**Province**  
Tehran  
**Postal code**  
1991633357

#### Approval date

2023-03-07, 1401/12/16

#### Ethics committee reference number

IR.SBU.REC.1402.071

## Health conditions studied

### 1

#### Description of health condition studied

emotional failure

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

The effectiveness of mindfulness-based cognitive therapy on emotional failure

#### Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

#### Method of measurement

Ross love failure questionnaire

## Secondary outcomes

### 1

#### Description

quality of life

#### Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

#### Method of measurement

World Health Organization Quality of Life Questionnaire (WHO-QOL-BREF) short form

### 2

#### Description

psychological acceptance

#### Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

#### Method of measurement

Acceptance and Action Questionnaire - Second Edition (AAQ-II)

### 3

#### Description

self-compassion

### Timepoint

At first, once a week (in three consecutive weeks to determine the baseline) and then after the intervention in sessions 3, 5 and 8

### Method of measurement

Compassion Questionnaire (SCS-SF)

## Intervention groups

### 1

#### Description

Intervention group: Using cognitive therapy protocol based on mindfulness in 8 sessions

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

There was no special center

##### Full name of responsible person

Donya fami tfreshi

##### Street address

Khatam University, No. 30, Hakim Azam St., Shiraz  
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##### Province

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##### Postal code

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##### Phone

+98 21 8917 0000

##### Email

d.tafreshi@khatam.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Khatam University

##### Full name of responsible person

Dr. Bahauddin Shariat

##### Street address

Khatam University, No. 30, Hakim Azam St., Shiraz  
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##### Phone

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### Email

d.tafreshi@khatam.ac.ir

### Grant name

### Grant code / Reference number

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

No

### Title of funding source

Khatam University

### 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

Academic

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Khatam University

#### Full name of responsible person

donya fami tafreshi

#### Position

Student

#### Latest degree

Master

#### Other areas of specialty/work

Psychology

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#### Email

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Khatam University

#### Full name of responsible person

Marzieh Hashemi

#### Position

Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Psychology

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**Person responsible for updating data****Contact****Name of organization / entity**

Khatam University

**Full name of responsible person**

donya fami tafreshi

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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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**

Undecided - It is not yet known if there will be 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**

No - There is not a plan to make this available

**Title and more details about the data/document**

It will be published as an article

**When the data will become available and for how long**

After the defense at the end of September

**To whom data/document is available**

researchers

**Under which criteria data/document could be used**

I have no special conditions

**From where data/document is obtainable**

Researcher and University

**What processes are involved for a request to access data/document**

It will be published as an article

**Comments**