Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Mindfulness based Cognitive Group Therapy on Academic Self-Handicapping and Academic Resilience of students

Protocol summary

Study aim
Determining the Effectiveness of Mindfulness based Cognitive Group Therapy on Academic Self-Handicapping and Academic Resilience of Students
Design
Clinical trial with control group, on 34 students. Sample available
Settings and conduct
The study was conducted on the third grade students of Imam Reza (AS) school. Blinding of parents and students compared to the control group
Participants/Inclusion and exclusion criteria
elementary student boys of Damghan city
Intervention groups
Teaching cognitive group therapy techniques based on mindfulness in addition to usual school education to the intervention group Normal school training to the control group
Main outcome variables
reducing academic self-inefficiency; Increasing academic resilience

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20240702062308N1**
Registration date: **2024-08-10, 1403/05/20**
Registration timing: **retrospective**

Last update: **2024-08-10, 1403/05/20**
Update count: **0**
Registration date
2024-08-10, 1403/05/20

Registrant information
Name
Alireza Teymouri
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 23 3535 3745
Email address
alireza.teymouri@iau.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-10-23, 1402/08/01
Expected recruitment end date
2023-11-01, 1402/08/10
Actual recruitment start date
2023-10-23, 1402/08/01
Actual recruitment end date
2023-11-01, 1402/08/10
Trial completion date
2024-03-05, 1402/12/15

Scientific title
The Effectiveness of Mindfulness based Cognitive Group Therapy on Academic Self-Handicapping and Academic Resilience of students

Public title
The Effectiveness of Mindfulness based Cognitive Group Therapy on Academic Self-Handicapping and Academic Resilience of Students
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Students studying in the third grade of Damghan city. being boy
Exclusion criteria:
Having learning disabilities A history of referring to a cognitive behavioral therapist

Age
From **8 years** old to **10 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Actual sample size reached: **34**
Randomization (investigator's opinion)
Not randomized
Randomization description
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 Islamic Azad University, Semnan Branch
Street address
Kilometer 5 of Semnan - Damghan road
City
Semnan
Province
Semnan
Postal code
۳۷۱۱۱۳۵۱۳۱
Approval date
2024-06-24, 1403/04/04
Ethics committee reference number
IR.IAU.SEMNAN.REC.1403.042

Health conditions studied

1

Description of health condition studied
Academic self-efficacy
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Academic Resilience
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Score obtained in Samuels' Academic Resilience Standard Questionnaire
Timepoint
Conducting a questionnaire at the beginning of the study (before the intervention) and 7 days after the end of the training
Method of measurement
Samuels' Academic Resilience Standard Questionnaire

2

Description
The score obtained in the Miguel Academic Self-Disability Questionnaire
Timepoint
Conducting a questionnaire at the beginning of the study (before the intervention) and 7 days after the end of the training
Method of measurement
Miguel Academic Self-Disability Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Providing cognitive behavioral therapy group trainings based on mindfulness, in addition to the usual course materials, techniques including familiarization with negative spontaneous thoughts and recognizing common errors, recording negative thoughts, ABC technique, how to replace thoughts, recognizing emotions with internal and external animation and some Relaxation methods available in mindfulness by the therapist - Duration of the course: 8 weeks and 1 session per week - Duration of each session: 45 minutes - During the course, no other drugs or chemicals are used and the training is completely cognitive-behavioral are.
Category
Behavior

2

Description
Control group: Control group: In the extra-scheduled sessions, the usual course materials are worked on and problems are fixed.
Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Reza School
Full name of responsible person
Mahdi Safdari
Street address
Baharestan Town, Velayat Street
City
Damghan
Province
Semnan
Postal code
3671416914
Phone
+98 23 3523 1680
Email
ma10291804@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University, Semnan Branch
Full name of responsible person
Mohammad karim Sohrabi
Street address
Kilometer 5 of Semnan - Damghan road
City
Semnan
Province
Semnan
Postal code
۳۷۱۱۱۳۵۱۳۱
Phone
+98 23 3165 6565
Email
info@semnaniau.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University, Semnan Branch

Proportion provided by this source
1

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
Islamic Azad University, Semnan Branch
Full name of responsible person
Alireza Teymouri
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Amirieh, Golha Street, 22 Bahman Street, No. 27
City
Damghan
Province
Semnan
Postal code
3681614654
Phone
+98 23 3535 3745
Email
alireza.teymouri@iau.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Alireza Teymouri
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 27, Golha St., 22 Bahman St., Damghan, Amirieh
City
Damghan
Province
Semnan
Postal code
3681614654
Phone
+98 23 3535 3745
Fax
Email
alireza.teymouri@iau.ir

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Alireza Teymouri
Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

No. 27, Golha St., 22 Bahman St., Damghan, Amirieh

City

Damghan

Province

Semnan

Postal code

3681614654

Phone

+98 23 3535 3745

Fax

Email

alireza.teymouri@iau.ir

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

The main results and outcomes of the study can be shared.

When the data will become available and for how long

Start of access from October 2024

To whom data/document is available

Researchers and people working in the field of education

Under which criteria data/document could be used

Allowed to be studied and used to improve school teaching methods

From where data/document is obtainable

Email : Teimooryaa@gmail.com

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

Requested emails will be answered within 48 hours and the requested information will be sent.

Comments