Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of mindfulness-based therapy (MBT) on failure tolerance and mental endurance in mothers of children with cancer in Zahedan city

Protocol summary

Study aim
The effectiveness of mindfulness-based therapy (MBT) on failure tolerance and mental endurance in mothers of children with cancer in Zahedan city in 1403

Design
The intervention group will receive training based on the treatment protocol based on MBT mentalization in 14 sessions of 60 minutes by the researcher and twice a week. The control group is placed in the waiting line.

Settings and conduct
Mothers of children with cancer referring to clinics and counseling centers in Zahedan city

Participants/Inclusion and exclusion criteria
The criteria for entering the sample: the conditions for participating in the research will be at least a diploma education, not having a history of diagnosis of mental disorder or hospitalization in a neuropsychiatric hospital, not using psychiatric drugs, declaring consent to participate in the research. Criteria for exclusion from the sample: The conditions for exclusion in the research will be more than 1 child suffering from cancer, history of debilitating physical illness and diagnosed mental disorder in mothers, addiction to drug abuse, alcohol or psychotropic drugs, declaration Dissatisfaction with participating in research, simultaneous attendance in classes or psychotherapy or psychological intervention courses, defects in pre-test questionnaires and absence of more than 2 sessions in intervention classes.

Intervention groups
Test and control

Main outcome variables
Due to the fact that so far no research has attempted to investigate the effectiveness of mindfulness-based therapy (MBT) on failure tolerance and mental endurance in mothers of children with cancer at the same time, this research is considered innovative.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20241210064016N1**
Registration date: **2025-01-20, 1403/11/01**
Registration timing: **retrospective**

Last update: **2025-01-20, 1403/11/01**
Update count: **0**

Registration date
2025-01-20, 1403/11/01

Registrant information

Name
Helma Jahantigh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 901 458 0095

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hellemajahantigh7424@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-12-21, 1403/10/01

Expected recruitment end date
2025-01-19, 1403/10/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of mindfulness-based therapy (MBT) on failure tolerance and mental endurance in mothers of children with cancer in Zahedan city

Public title
The effectiveness of mindfulness-based therapy (MBT) on failure tolerance and mental endurance in mothers of children with cancer in Zahedan city

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Having a child with cancer Absence of physical disorders No consumption of alcoholic beverages and drugs
Exclusion criteria:

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Using purposive sampling, 30 mothers will be selected and randomly assigned to two intervention and control groups.

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 Azad University-Zahedan branch
Street address
University Street, Islamic Azad University, Zahedan, Iran
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zahedan
Province
Sistan-va-Balouchestan
Postal code
9816743545

Approval date
2024-11-09, 1403/08/19

Ethics committee reference number
Ir.IAU.ZAH.REC.1403.072

Health conditions studied

1

Description of health condition studied
Ability to bear Failure, Mental Endurance

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
1. Mindfulness-based therapy (MBT) is effective on failure tolerance in mothers of children with cancer. 2. The effectiveness of mindfulness-based therapy (MBT) on mental endurance in mothers of children with cancer.

Timepoint
This is a semi-experimental study with a pre-test, post-test and two-month follow-up design with intervention and control groups.

Method of measurement
A) Harrington's Failure Tolerance Questionnaire (2005) B) Mental Endurance Questionnaire by Clough et al. (1982)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A) Harrington's Failure Tolerance Questionnaire (2005) B) Mental Endurance Questionnaire by Clough et al. (1982)

Category
Prevention

2

Description
Control group: without any intervention.

Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Counseling centers and clinics in Zahedan
Full name of responsible person
Evryone
Street address

Khorramshahr Street, Zahedan, Iran
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University
Proportion provided by this source
1
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
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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
The thesis will be attached, Irandak
When the data will become available and for how long
After the final defense of the thesis
To whom data/document is available
Researchers
Under which criteria data/document could be used
Doing research and scientific work
From where data/document is obtainable
Irandak
What processes are involved for a request to access data/document
According to the rules of Irandak
Comments