Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effectiveness of mindfulness-based schema therapy on the level of suicidal ideation, self-criticism, self-disgust, and psychological inflexibility in individuals with suicidal ideation.

Protocol summary

Study aim

Determining the effectiveness of mindfulness-based schema therapy on the level of suicidal ideation, self-criticism, self-disgust, and psychological inflexibility in individuals with suicidal ideation.

Design

This is a randomized, single-blind, parallel-group controlled clinical trial (Phase ...) involving 50 patients. Randomization will be conducted using a table of random numbers.

Settings and conduct

The study will take place in counseling centers. It is a single-blind study where questionnaire data collection will be performed by a person other than the therapist. Mindfulness-based schema therapy will be implemented in the intervention group.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Individuals with suicidal ideation (score of 4-14 on the Beck Scale for Suicidal Ideation). Age above 18 years and a maximum age of 50 years. Having a minimum level of reading and writing literacy. Having informed consent to participate in the research. Having motivation and willingness to participate in the research. Non-substance use. Not having a plan to attempt suicide. Exclusion Criteria: Having a plan to attempt suicide. Occurrence of a suicide attempt. Need for any change in the treatment process. Lack of willingness to cooperate.

Intervention groups

The intervention and control groups included individuals with suicidal ideation who scored between 4 and 14 on the Beck Scale for Suicidal Ideation.

Main outcome variables

This study investigates whether mindfulness-based schema therapy can reduce suicidal ideation, self-criticism, self-disgust, and psychological inflexibility in individuals with suicidal ideation. It is expected that scores for suicidal ideation, self-criticism, and self-disgust will decrease, while scores for psychological flexibility will increase.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250219064773N1**
Registration date: **2025-05-19, 1404/02/29**
Registration timing: **registered_while_recruiting**

Last update: **2025-05-19, 1404/02/29**
Update count: **0**

Registration date

2025-05-19, 1404/02/29

Registrant information

Name

Yasaman Mogoie

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-04-09, 1404/01/20

Expected recruitment end date

2026-01-20, 1404/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effectiveness of mindfulness-based schema therapy on the level of suicidal ideation, self-criticism, self-disgust, and psychological inflexibility in individuals with suicidal ideation.

Public title

Investigating the effectiveness of mindfulness-based schema therapy on the level of suicidal ideation, self-criticism, self-disgust, and psychological inflexibility in individuals with suicidal ideation.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Individuals with suicidal ideation (score of 4-14 on the Beck Scale for Suicidal Ideation). Having a minimum level of reading and writing literacy. Having motivation and informed consent to participate in the research. Non-substance use. Not having a plan to attempt suicide.

Exclusion criteria:

Having a plan to attempt suicide. Occurrence of a suicide attempt. Need for a change in the treatment process. Lack of willingness to cooperate.

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

groups: the experimental group (receiving mindfulness-based schema therapy) and the control group. Simple randomization using a table of random numbers was employed for group allocation. First, a list of eligible participants was prepared, and each individual was assigned a unique number. Then, starting from a randomly selected point in the random number table, the numbers were read sequentially. Based on whether the number was even or odd, participants were assigned to either the experimental group (even numbers) or the control group (odd numbers). This method was used to prevent allocation bias and to enhance the internal validity of the study.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Kashan University of Medical Sciences.

Street address

Kashan University of Medical Sciences, Pezeshk Blvd, Qotb Ravandi Blvd, Kashan, Isfahan Province, Iran.

City

Kashan

Province

Isfehan

Postal code

8715973474

Approval date

2025-02-23, 1403/12/05

Ethics committee reference number

IR.KAUMS.MEDNT.REC.1403.236

Health conditions studied

1

Description of health condition studied

Individuals with suicidal ideation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Mindfulness-based schema therapy has a positive effect on reducing the level of suicidal ideation in individuals with such thoughts.

Timepoint

Measurement will occur initially before the start of therapy sessions and immediately after the completion of therapy sessions.

Method of measurement

Suicidal Ideation: The Beck Scale for Suicidal Ideation (BSS) standard questionnaire will be used to assess the intensity and frequency of suicidal thoughts at pre-test and post-test.Self-Criticism: The Levels of Self-Criticism Scale (LOSC) standard questionnaire by Thompson and Zuroff will be used at pre-test and post-test.Self-Disgust: The Self-Disgust Scale-Revised (SDS-R) standard questionnaire by Powell et al. will be used at pre-test and post-test.Psychological Inflexibility: The Acceptance and Action Questionnaire-II (AAQ-II) standard questionnaire by Bond et al. will be used at pre-test and post-test.

Secondary outcomes

1

Description
Mindfulness-based schema therapy has a positive effect on reducing the level of suicidal ideation in individuals with such thoughts.
Timepoint
Pre-test: Before the start of the intervention. Post-test: After the completion of therapy sessions.
Method of measurement
suicidal Ideation: Measurement Tool: Beck Scale for Suicidal Ideation (BSSI)Method: Using the standard 19-item BSSI questionnaire to assess the intensity and frequency of suicidal thoughts at pre-test and post test. Self-Criticism: Measurement Tool: Levels of Self-Criticism Scale (LOSC) by Thompson and Zuroff (22 items)Method: Scoring the Levels of Self-Criticism Scale to measure the degree of self-criticism in participating individuals at pre-test and post-test. Psychological Inflexibility: Measurement Tool: Acceptance and Action Questionnaire-II (AAQ-II) by Bond et al. (10 items)Self-Disgust: Self-Disgust Scale-Revised (SDS-R) by Powell and colleagues... (The sentence is incomplete here.)

Intervention groups

1

Description
Intervention Group: The intervention group will receive 8 sessions of 90-minute mindfulness-based schema therapy based on the protocol presented by Michael van Vreeswijk and colleagues.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Kashan University of Medical Sciences
Full name of responsible person
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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
Kashan University of Medical Sciences
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
Kashan University of Medical Sciences
Full name of responsible person
Dr. Zahra Zanjani
Position
Associate Professor
Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available