Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effectiveness of Mindfulness-Based Cognitive Therapy on Adjustment Disorder and Perceived Sleep Quality in Young Adults with Financial Difficulties

Protocol summary

Study aim
The aim of the present study was to evaluate the effectiveness of mindfulness-based cognitive therapy on adjustment disorder and perceived sleep quality in married young adults with financial problems.

Design
A controlled clinical trial, parallel group, lacking a specific study phase, conducted on 30 participants. Randomization and blinding were not feasible.

Settings and conduct
The study included 30 participants from 63 volunteers at Khorasan Higher Education in Mashhad Institute, divided into experimental and control groups. The experimental group received eight MBCT sessions, while the control group received no intervention; pre- and post-tests measured outcomes.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Married men and women, aged 20 to 40 years, experiencing financial difficulties, and willing to participate in this study. Exclusion criteria: Being divorced, having financial support to resolve problems, missing more than 2 sessions.

Intervention groups
The experimental group underwent an 8-session mindfulness-based cognitive therapy (MBCT) program targeting mindfulness, cognitive restructuring, and emotion regulation to improve adjustment and sleep quality, while the control group received no intervention.

Main outcome variables
Adjustment disorder perceived sleep quality

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251222068410N1**
Registration date: **2025-12-29, 1404/10/08**
Registration timing: **retrospective**

Last update: **2025-12-29, 1404/10/08**
Update count: **0**

Registration date
2025-12-29, 1404/10/08

Registrant information

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Niloufar Torabi Moghaddam

Name of organization / entity
Khorasan Institute of Higher Education

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-15, 1404/06/24

Expected recruitment end date
2025-09-22, 1404/06/31

Actual recruitment start date
2025-09-15, 1404/06/24

Actual recruitment end date
2025-09-22, 1404/06/31

Trial completion date
2025-11-12, 1404/08/21

Scientific title
Effectiveness of Mindfulness-Based Cognitive Therapy on Adjustment Disorder and Perceived Sleep Quality in Young Adults with Financial Difficulties

Public title
Effectiveness of Mindfulness-Based Cognitive Therapy on Adjustment Disorder and Sleep Quality
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Married men and women Aged 20–40 years With financial problems Who are willing to participate in this study
Exclusion criteria:
Divorced Receiving financial support to resolve financial problems Absence from more than two sessions
Age
From **20 years** old to **40 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Actual sample size reached: **30**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
The study employed a quasi-experimental design with a pre-test–post-test and a control group. In this design, an experimental group and a control group were examined; both groups were assessed before and after the intervention, but only the experimental group received the mindfulness-based cognitive therapy. This design allows the researcher to measure and compare the effects of the intervention on the dependent variables (adjustment disorder and perceived sleep quality).

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committee of Ferdowsi University of Mashhad
Street address
Ferdowsi University of Mashhad, Azadi Square, University Campus, Mashhad, Razavi Khorasan Province, Iran Postal Code: 9177948974
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Postal code
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Approval date
2025-12-04, 1404/09/13
Ethics committee reference number
IR.UM.REC.1404.391

Health conditions studied

1

Description of health condition studied
Adjustment Disorder
ICD-10 code
F43.2
ICD-10 code description
Adjustment disorders

Primary outcomes

1

Description
Reduction in Adjustment Disorder score
Timepoint
Two months after the Mindfulness-Based Cognitive Therapy intervention
Method of measurement
Adjustment Disorder New Model – 20 (ADNM-20)

2

Description
A significant improvement in perceived sleep quality
Timepoint
Two months after the Mindfulness-Based Cognitive Therapy intervention
Method of measurement
Pittsburgh sleep quality index

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Participants in this group received Mindfulness-Based Cognitive Therapy (MBCT). The intervention consisted of 8 weekly group sessions, each lasting 60 minutes over a period of 2 months. The session content included: Teaching mindfulness concepts Meditation practices (such as breathing awareness, body scan, and mindfulness in daily activities)Identifying and restructuring dysfunctional thoughts Non-judgmental acceptance of inner experiences Performing home practice exercises

Category
Other

2

Description
Control group: Participants in this group did not receive any therapeutic or educational intervention during the study period and were placed on a waiting list. Assessments were conducted at the pre-test and post-test stages, similar to the intervention group.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Counseling Center of Khorasan Higher Education Institute
Full name of responsible person
Maryam Shokri
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No. 82, Amoozgar Street, Dentist Boulevard, Vakilabad Boulevard, Mashhad, Razavi Khorasan Province, Iran
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Sponsors / Funding sources

1

Sponsor
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Khorasan Institute of Higher Education
Full name of responsible person
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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
Khorasan 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
Khorasan Institute of Higher Education
Full name of responsible person
Hossein Farrokhi
Position
Associate professor
Latest degree
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Other areas of specialty/work
Psychology
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Person responsible for updating data

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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
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
Yes - There is 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
Title and more details about the data/document
The shared data are limited to the pre-test and post-test questionnaire scores of the control group (ADNM-20, PSQI, and FSI). These data are provided in an anonymized format, and no identifying information of the participants is included. Other data (from the experimental group and participants' personal information) contain identifying information and treatment outcomes, and will not be included in this sharing.
When the data will become available and for how long
The access period will begin 6 months after the publication of the results
To whom data/document is available
Researchers working in academic and scientific institutions
Under which criteria data/document could be used
The data may only be used for research purposes specified in the study protocol. Each request for access must be reviewed and approved by the Ethics Committee and/or the Data Committee.
From where data/document is obtainable
No. 82 Amuzgar Blvd, Mashhad, Razavi Khorasan Province, Iran, Postal Code 9189863113 Or niloufartorabi1999@gmail.com
What processes are involved for a request to access data/document
The applicant must complete the request form for access to data and documents and submit it, along with the research protocol, ethics approval, and related documents, to the Data Committee. Estimated time: 2–3 weeks for the applicant to prepare the required documents.
Comments