Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing the effectiveness of stress inoculation training and mindfulness skills training on appearance anxiety, self-criticism, metacognitive evaluation of body dysmorphic disorder, and self-acceptance in female students with body image obsessions .

Protocol summary

Study aim
Comparison of the effectiveness of stress inoculation training and mindfulness skills training on appearance anxiety, self-criticism, metacognitive evaluation of body dysmorphic disorder, and self-acceptance in female students with body image obsession

Design
A controlled clinical trial with parallel groups and double-blind design, selected through purposive sampling and then assigned through simple randomization into three groups of 15 participants

Settings and conduct
The study is conducted at the Fanous Rah Psychological Center in Ahvaz on female students with body image obsession. After conducting a diagnostic interview and screening with the Body Dysmorphic Disorder Questionnaire (minimum score of 10), 45 individuals are purposively selected and then randomly assigned to three groups: stress inoculation training, mindfulness training, and the control group. The interventions are delivered in group sessions by a psychology specialist

Participants/Inclusion and exclusion criteria
Inclusion criteria: Be at least 15 years old and at most 17 years old, female, Having body dysmorphic disorder; Exclusion criteria: Having mental disorders and taking psychiatric medications, Having physical problems that interfere with the intervention process

Intervention groups
Intervention Group 1: Stress inoculation training; based on Meichenbaum's standard protocol (1985) and Mobini's translation (1997), it is implemented in 9 weekly group sessions of 120 minutes for the experimental group. Intervention Group 2: Mindfulness skills training; based on the protocol of Bowen and colleagues (2011), it is implemented in 8 weekly group sessions of 120 minutes for the members of the experimental group. Control Group: It does not receive any intervention

Main outcome variables
Appearance Anxiety; Metacognitive evaluation of body dysmorphic disorder; self-criticism; self acceptance

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260202068746N1**
Registration date: **2026-04-29, 1405/02/09**
Registration timing: **prospective**

Last update: **2026-04-29, 1405/02/09**
Update count: **0**

Registration date
2026-04-29, 1405/02/09

Registrant information

Name
Fatemeh Asadollah Salmanpoor

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-05-10, 1405/02/20

Expected recruitment end date

2026-05-31, 1405/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of stress inoculation training and mindfulness skills training on appearance anxiety, self-criticism, metacognitive evaluation of body dysmorphic disorder, and self-acceptance in female students with body image obsessions .

Public title

Comparing the effectiveness of stress inoculation training and mindfulness skills training

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Be at least 15 years old and at most 17 years old Female gender Obsessive-compulsive disorder based on a diagnostic interview and a body deformity concern questionnaire (achieving a minimum score of 10 on the test)

Exclusion criteria:

Having mental disorders and taking psychiatric medications Having physical problems that interfere with the intervention process

Age

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Care provider
- Investigator
- Outcome assessor

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, simple randomization will be used to achieve completely random allocation and eliminate any researcher interference or bias. First, a complete list of the girls referring to the counseling center who meet the inclusion criteria will be prepared. Then, each of these individuals will be assigned an initial numerical identification code. These codes will be entered into the Random Number Generator software. The software will generate a unique random number for each individual. After generating the numbers, the participants will be listed in ascending order based on their random number. Next, sequentially, the first to fifteenth individuals on the list will be assigned to Experimental Group 1, the sixteenth to thirtieth individuals to Experimental Group 2, and the thirty-first to forty-fifth individuals to the Control Group. This process is designed so that neither the order of entry nor the researcher's knowledge of the participants plays any role in the allocation process, and it will not be possible to predict any individual's group before the randomization is completed

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, the researchers, clinical caretakers, and outcome assessors are all blinded to the group assignments, and codes are assigned to the participants

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 of Ahvaz Branch

Street address

Ahvaz Azad University, 22 Bahman Street, Farhang Shahr, Golestan Highway

City

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Province

Khouzestan

Postal code

37333 61349

Approval date

2026-01-18, 1404/10/28

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.634

Health conditions studied

1

Description of health condition studied

Body image obsession

ICD-10 code

F45.22

ICD-10 code description

Body dysmorphic disorder

Primary outcomes

1

Description

Appearance anxiety

Timepoint

Before the intervention, one week after completion of the

intervention, one month after completion of the intervention

Method of measurement

Appearance Anxiety Inventory, Veale et al. (2014)

2

Description

Self-criticism

Timepoint

Before the intervention, one week after completion of the intervention, one month after completion of the intervention

Method of measurement

Levels of Self-Criticism Scale, Thompson and Zuroff (2004)

3

Description

Metacognitive assessment of body dysmorphic disorder

Timepoint

Before the intervention, one week after completion of the intervention, one month after completion of the intervention

Method of measurement

Metacognitive Assessment of Body Dysmorphic Disorder Questionnaire, Rabiei et al. (2011)

4

Description

Self-acceptance

Timepoint

Before the intervention, one week after completion of the intervention, one month after completion of the intervention

Method of measurement

Unconditional Self-Acceptance Questionnaire, Chamberlain and Haaga (2001)

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: Stress inoculation training based on Donald Maikenbaum's standard protocol (1985) and the version translated by Cyrus Mebini (1997), in the form of 9 group sessions, each session lasting 120 minutes, with weekly intervals.Session Summary: Session 1: Introduction, group goals, conceptualization of stress and its symptoms. Session 2: Relaxation and stress relief training. Session 3: Cognitive concepts, the role of thoughts in stress, negative automatic thoughts, cognitive errors.Session 4: Dealing with negative thoughts. Session 5: Training in guided self-talk and the role of negative self-talk. Session 6: Training in focusing thoughts and attention-redirecting techniques. Session 7: Training in problem-solving. Session 8: Training in anger management skills. Session 9: Integrated practice of skills in stressful situations, summarizing and ending.

Category

Behavior

2

Description

Second intervention group: Mindfulness-based training based on the standard protocol of Bowen et al. (2011), in the form of 8 group sessions, each session lasting 120 minutes, with weekly intervals .Sessions include mindfulness exercises (body scan, seated meditation, 3-minute breathing space, mindful body movement, mindful walking), non-judgmental awareness of thoughts and feelings, distinguishing thoughts from reality, managing barriers to practice, focusing on pleasant/unpleasant events, and applying skills to prevent relapse and increase well-being. Along with regular homework assignments.

Category

Behavior

3

Description

Control group: No intervention was performed.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Fanous Rah Specialized Counseling and Psychological Clinic

Full name of responsible person

Fatameh Asadollah Salmanpoor

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No.186, West Esfahan Street, Golestan AVe., Ahvaz Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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
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
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Fatameh Asadollah Salmanpoor
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Due to the confidentiality of participant data, we are unable to publish the program.

Study Protocol

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

Statistical Analysis Plan

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available