Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of Mindfulness Based Relapse Prevention Model on Impulsivity, Distress Tolerance and Relapse Prevention in Opioid dependent Patient

Protocol summary

Summary

(1) Objectives: This study aimed to compare the effectiveness of Mindfulness based relapse prevention (MBRP)) on Impulsivity, Distress Tolerance and Relapse Prevention in Opiates dependent Patient at Qom. (2) Design: General plan of this study is consisted of experimental pre-test and post-test with follow-up period. (3) Setting and conduct: seventy subjects of opiates user who Beyond the period of detoxification and were able to complete the program were selected by convenient sampling and were randomly assigned in two groups (MBRP). Participants in two groups filled out Barratt Impulsiveness Scale-11scale, Simons JS, Gaher Distress Tolerance Scale questionnaire as pre-test and post- test and two month after intervention. The data were analyzed by SPSS-15 using the Multivariate Analysis of Covariance (MANCOVA). (4) Participants including major eligibility criteria: Inclusion criteria: Beyond the period of detoxification ; cycle degree; Age 20-40 years; at least once history of relapse; referred by a psychiatrist (diagnosis of drug dependence) based on DSM-IV; After more than a week of successful detoxification. Exclusion criteria: use Anti-psychotic drugs; having a long-term dependency on a substance simultaneously; the absence of more than two session; Get a history of other therapy during the past month. (5) Interventions: The intervention is consisted of 8 sessions (each session is 120 minutes) of Mindfulness based relapse prevention for the experimental group. (6) Main outcome measures: Main outcome measures variables in this research are Impulsivity, Distress Tolerance and Relapse Prevention.

General information

Acronym

Mindfulnees Based Relapse Prevention

IRCT registration information

IRCT registration number: **IRCT2016010525870N1**

Registration date: **2016-01-20, 1394/10/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-20, 1394/10/30

Registrant information

Name

Mehdi Yaghobi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

govermental/Kashan University of Medical

Expected recruitment start date

2014-08-04, 1393/05/13

Expected recruitment end date

2015-09-04, 1394/06/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Mindfulness Based Relapse Prevention Model on Impulsivity, Distress Tolerance and Relapse Prevention in Opioid dependent Patient

Public title
Effect of Mindfulness Based Relapse Prevention Model on Impulsivity, Distress Tolerance and Relapse Prevention in Opioid dependent Patient
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: Beyond the period of detoxification ; cycle degree; Age 20-40 years; at least once history of relapse; referred by a psychiatrist (diagnosis of drug dependence) based on DSM-IV; After more than a week of successful detoxification. Exclusion criteria: use Anti-psychotic drugs; having a long-term dependency on a substance simultaneously; the absence of more than two session; Get a history of other therapy during the past month
Age
From **20 years** old to **40 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
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 Kashan University of Medical Sciences and Health Services
Street address
Vice chancellor for research of Kashan University of Medical Sciences and Health Services, Pezeshk Blvd, 5th of Qotbe Ravandi Blvd, Kashan, Iran
City
Kashan
Postal code
8715988141
Approval date
2015-06-05, 1394/03/15
Ethics committee reference number
IR.kAUMS.REC.1394.45

Health conditions studied

1

Description of health condition studied
Opioid dependency
ICD-10 code
F11
ICD-10 code description
F11 Mental and behavioural disorders due to use of opioids

Primary outcomes

1

Description
Impulsivity
Timepoint
before intervention, After intervention, 1 month after intervention
Method of measurement
Barratt Impulsiveness scale

2

Description
Distress Tolerance
Timepoint
Before intervention ،After intervention، 1 month After intervention،
Method of measurement
Simon JS ، Gaher Distress Tolerance scale

3

Description
relapse
Timepoint
Before intervention ،After intervention، 1 month After intervention،
Method of measurement
morphine kit

Secondary outcomes

empty

Intervention groups

1

Description
Mindfulness Based Relapse Prevention ، 8 session، 2 hours، intervention group
Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Apadana Methadontherapy Institu

Full name of responsible person
Mosavi panah Hossein

Street address
Apadana Methadontherapy Institue،Doctors spetialist bulding،kamal almolk sq،Kashan،Iran.

City
kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Kashan University of Medical Sciences and health service

Full name of responsible person
Dr Qolam Ali Hamidi

Street address
Vice chancellor for research of Kashan University of Medical Sciences and health service ،pezeshk Blvd، 5 th of Qotobe Ravandi Blvd، Kashan

City
Kashan

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research of Kashan University of Medical Sciences and health service

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
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Full name of responsible person
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Position
M.Sc Candidate in clinical psychology

Other areas of specialty/work

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty