

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Mindfulness 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

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 315554111

Email address

yaghobi-me@mail.kamus.ac.ir

Recruitment status

Recruitment complete

Funding source

governmental/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

Kashan University of Medical Sciences and health service

Full name of responsible person

Mehdi Yaghobi

Position

M.Sc Candidate in clinical psychology

Other areas of specialty/work

Street address

Department of Clinical Psychology , school of

Medicine, Kashan University of Medical Sciences and health service ,pezeshk Blvd, 5 th of Qotobe Ravandi Blvd, Kashan

City

Kashan

Postal code

Phone

+98 31 5554 0021

Fax

Email

mehdiyaghobi13110@gmail.com;yaghobi-me@mail.kaums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences and health service

Full name of responsible person

Mehdi Yaghobi

Position

M.Sc clinical psychology

Other areas of specialty/work

Street address

Department of Clinical Psychology , school of Medicine, Kashan University of Medical Sciences and health service ,pezeshk Blvd, 5 th of Qotobe Ravandi Blvd, Kashan

City

Kashan

Postal code

Phone

+31 55540021

Fax

Email

mehdiyaghobi13110@gmail.com ; yaghobi-me@mail.kamus.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kashan University of Medical Sciences and health service

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Mehdi Yaghobi

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Department of Clinical Psychology , school of Medicine, Kashan University of Medical Sciences and health service ,pezeshk Blvd, 5 th of Qotobe Ravandi Blvd, Kashan

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+98 31 5554 0021

Fax

+98 31 5554 0021

Email

mehdiyaghobi13110@gmail.com ; yaghobi-me@mail.kamus.ac.ir

Web page address

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