# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

## Protocol summary

**Study aim**

The present study intended to Develop a Phenomenological Model of Coping with Job Stress and Compar the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

**Design**

Three arm parallel groups randomized trial without blinded assessment. A number of 60 employees, will be enrolled between April 2019 and May 2019, and followed for one month.

**Settings and conduct**

A clinical trial study will perform to see whether or not (MBCT) and (MQ) have an effect on Job Stress, Anxiety, Depression and Burnout . A number of 60 employees who have worked at least 1 year in the technical wards of Iran Chemical Industry Investment Company, will take part in the study. The participants randomly will be assigned to three groups of control (n=20), MBCT (n=20), and MQ (n=20). The MBCT group will participate in MBCT class and the MQ group will participate in MQ class for 10 sections . The control group, on the other hand, will receive anything.

**Participants/Inclusion and exclusion criteria**

Having at least one year of work experience in one of the technical units of Tamkar-Industial Company’.

**Intervention groups**

First Intervention Group : Mindfulness-Based Cognitive Therapy Group (MBCT) Second Intervention Group: Made Questionnaire Group (MQ) Third Group: Control Group

**Main outcome variables**

The score of Job Stress, The score of Anxiety, The score of Depression and The score of Burnout

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20190122042451N2**
Registration date: **2019-03-10, 1397/12/19**
Registration timing: **registered_while_recruiting**

Last update: **2019-03-10, 1397/12/19**
Update count: **1**

**Registration date**

2019-03-10, 1397/12/19

**Registrant information**

**Name**

Somayeh Gorji

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 31 3653 2957

**Email address**

somayeh.gorji@khuisf.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2019-02-20, 1397/12/01

**Expected recruitment end date**

2020-02-20, 1398/12/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**
Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout of Tamkar-Industial Company’s Employees.

**Public title**
Developing a Phenomenological Model of Coping with Job Stress and Comparing the Effectiveness of this Model with Mindfulness-Based Cognitive Therapy on Perceived Job Stress, Anxiety, Depression and Burnout

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
being interested in attending the study, having at least one year of work experience in one of the technical units of Tamkar-Industial Company. no history of psychotic disorders , and taking the related medications. working in a day shift not facing everyday life stressful events such as a death, divorce and other miserable events in a year prior to the study

**Exclusion criteria:**
Facing everyday life stressful events such as a death, divorce and other miserable events in a year prior to the study Beginning to take the medications related to psychotic disorders being absence for tree or more sections.

**Age**
From **21 years** old to **60 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **90**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
Through a random selection, 60 staff were randomly selected and assigned to two groups study and control by subjects’ selection of a color ball from a box

**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**
Islamic Republic of Iran Ministry of Health & Medical Education Deputy of Research & Technology Nati

**Street address**
NO 13, Block A, St Arghavaniye, Khorasgan Univercity Isfahan. Isfahan.

**City**
Isfahan

**Province**
Isfehan

**Postal code**
3999881551

**Approval date**
2018-12-29, 1397/10/08

**Ethics committee reference number**
IR.IAU.KHUISF.REC.1397.167

## Health conditions studied

### 1

**Description of health condition studied**
Job Stress, Anxiety, Depression and Burnout

**ICD-10 code**
F48.8

**ICD-10 code description**
Occupational neurosis, including writer cramp

## Primary outcomes

### 1

**Description**
The score of depression via Beck Depression Inventory

**Timepoint**
Measuring the score of depression via Beck Depression Inventory before, immediately & 1 month after intervention.

**Method of measurement**
Beck Depression Inventory

### 2

**Description**
The score of anxiety via Beck anxiety Inventory

**Timepoint**
Measuring the score of anxiety via Beck anxiety Inventory before, immediately & 1 month after intervention.

**Method of measurement**
Beck anxiety Inventory

### 3

**Description**
The score of Job Stress via Job Stress Questioner.

**Timepoint**

Measuring the score of Job Stress via Job Stress Questioner before, immediately & 1 month after intervention

**Method of measurement**

Job Stress Questioner

## Secondary outcomes

### 1

**Description**

The score of job burnout

**Timepoint**

before, immediately & 1 month after intervention

**Method of measurement**

Geldard Burnout Inventory

## Intervention groups

### 1

**Description**

First Intervention group : learning Mindfulness-Based Cognitive Therapy throw 10 section

**Category**

Treatment - Other

### 2

**Description**

second Intervention group: learning new didactic pack throw 10 section

**Category**

Treatment - Other

### 3

**Description**

Control group: will receive anything

**Category**

N/A

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Iran Chemical Industry Investment Company

**Full name of responsible person**

Somayeh Gorji

**Street address**

The Post Of The Shahid Montazery Powerhouse, Isfahan

**City**

Isfahan

**Province**

Isfehan

**Postal code**

8335144114

**Phone**

+98 31 3380 8350

**Email**

s.gorji90@yahoo.com

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Tamkar-Industial Company

**Full name of responsible person**

Mohammad Reza Brekatain

**Street address**

No. 159, Dolat Abad St., Baharestan Indusrerial Ave., Isfahan Town

**City**

Isfahan

**Province**

Isfehan

**Postal code**

8341645973

**Phone**

+98 31 4583 6071

**Email**

info@iranpetrotech.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Tamkar-Industial Company

**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**

Industry

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Somayeh Gorji

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

No. 1, Sahel Bloc., Tohid St., Sepahanshar Town

**City**

Isfahan

**Province**

Isfehan
**Postal code**
8173787946
**Phone**
+98 31 3653 2957
**Fax**
**Email**
somayeh.gorji@khuisf.ac.ir

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Islamic Azad University
**Full name of responsible person**
Somayeh Gorji
**Position**
Student
**Latest degree**
Master
**Other areas of specialty/work**
Psychology
**Street address**
No. 1, Sahel Bloc., Tohid St., Sepahanshar Town
**City**
Isfahan
**Province**
Isfehan
**Postal code**
8173787946
**Phone**
+98 31 3653 2957
**Fax**
**Email**
somayeh.gorji@khuisf.ac.ir

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Islamic Azad University
**Full name of responsible person**
Somayeh Gorji
**Position**
Student
**Latest degree**
Master
**Other areas of specialty/work**
Psychology
**Street address**
No. 1, Sahel Bloc., Tohid St., Sepahanshar Town
**City**
Isfahan
**Province**
Isfehan
**Postal code**
8173787946
**Phone**
+98 31 3653 2957
**Fax**
**Email**
somayeh.gorji@khuisf.ac.ir

## 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**
Not applicable
**Informed Consent Form**
Yes - There is a plan to make this available
**Clinical Study Report**
Not applicable
**Analytic Code**
Not applicable
**Data Dictionary**
Not applicable
**Title and more details about the data/document**
Some of the demographic information Independent & dependent variables Results
**When the data will become available and for how long**
About tow or three month after the end of intervention.
**To whom data/document is available**
All of the researchers in humanism fields.
**Under which criteria data/document could be used**
Its useful for studies in humanism fields and that is free.
**From where data/document is obtainable**
Throw e.mail to author: somayeh.gorji@khuisf.ac.ir
**What processes are involved for a request to access data/document**
Throw e.mail to author: somayeh.gorji@khuisf.ac.ir
**Comments**