Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Managing Stress for Academic Benefits through Mindfulness-Based Stress Reduction Therapy among University Students

Protocol summary

Study aim
The study aims to contribute to understanding of the relationship between Mindfulness based stress reduction and academic stress and efficacy of Mindfulness based stress reduction on academic stress for academic benefits .

Design
The randomized control trial comprises pre test and post test with a follow up period.

Settings and conduct
160 academic stress students will be selected by purposive sampling technique and were randomly assigned in experimental and control group. The data will analyzed by SPSS through ANCOVA.

Participants/Inclusion and exclusion criteria
1) Academic stress which student has.18 to 30 years. A willingness to commit to 2.5 hours of MBSR at the identified times for a period of 8 consecutive. Scores of academic stress moderate levels on the perceived academic scale. Individuals will be excluded if they will not attend at least 2 sessions of MBSR. Moreover those who will be suffering from other medical and mental issues they will engage in any other health program.

Intervention groups
An eight week training in Mindfulness Based Stress Reduction consisting of 2.5 hours of instruction per week and 45 minutes per day of home practice. The course will utilize the materials from palousemindfulness.com (permission has been sought and received from the site owner), which include video and written materials. Mindfulness practices include mindful eating, body scans, focused breathing and gentle yoga poses. These are conducted during the sessions and in home practice tasks. The palousemindfulness course is designed to be self-directed. Maximum group numbers will be 10 per group.

Main outcome variables
Mindfulness, Academic Stress, Academic Achievement, Academic Self-efficacy, Academic Resilience, Academic Burnout and Suicidal Ideation.

General information

Reason for update

Acronym
MBSR RCT 21

IRCT registration information
IRCT registration number: **IRCT20210610051537N1**
Registration date: **2021-06-20, 1400/03/30**
Registration timing: **registered_while_recruiting**

Last update: **2021-06-20, 1400/03/30**
Update count: **0**

Registration date
2021-06-20, 1400/03/30

Registrant information

Name
Maria Anwar Khan

Name of organization / entity
The Islamia University, Bahawalpur

Country
Pakistan

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+92 61 4782781

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fa17e1pa005@iub.edu.pk

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-06-09, 1400/03/19

Expected recruitment end date
2021-06-30, 1400/04/09

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Managing Stress for Academic Benefits through Mindfulness-Based Stress Reduction Therapy among University Students

Public title

Managing Stress for Academic Benefits through Mindfulness-Based Stress Reduction Therapy among University Students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 18- 30 years, therefore legally eligible to consent. Students who will scored high stress on academic stress scale.

Exclusion criteria:

Students who have not stress or mild stress Students who are suffering from sever medical and neuropsychiatric complications or any psychotic illness Students who will involve in any therapy. The absence of over two sessions Already completed mindfulness based stress reduction therapy

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **120**

More than 1 sample in each individual

Number of samples in each individual: **60**

Students who have academic stress. We will include 16 percent more participants for expected dropouts. actual sample size reached: 104. Actual sample size in each individual : 52

Randomization (investigator's opinion)

Randomized

Randomization description

Following initial instruction with recruited groups, subjects were randomly allocated using randomization to one of the two groups. An online "clinical trial randomizer" (www.randomization.com) (Suresh, 2011) was conducted the treatment selection randomly.

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

Department of Psychology Ethics Committee (DPEC) The Islamia University, Bahawalpur

Street address

Baghdad ul Jadeed Capus, Hasilpur road, Bahawalpur, Pakistan.

City

Bahawalpur

Postal code

63100

Approval date

2021-02-26, 1399/12/08

Ethics committee reference number

112/A-Psy/21

Health conditions studied

1

Description of health condition studied

Academic Stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

To measure Academic Stress

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

The Perception of Academic Stress Scale

2

Description

To measure Mindfulness

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Five Facet Mindfulness Questionnaire (FFMQ)

3

Description

To measure Academic Self Efficacy

Timepoint

Baseline; after intervention, a 3 month follow up

Method of measurement

Academic Self Efficacy Scale

4

Description
To measure Academic Resilience
Timepoint
Baseline; after intervention, a 3 month follow up
Method of measurement
The Academic Resilience Scale

5

Description
To measure Academic Burnout
Timepoint
Baseline; after intervention, a 3 month follow up
Method of measurement
Academic Burnout

6

Description
To measure Academic Achievement
Timepoint
Baseline; after intervention, a 3 month follow up
Method of measurement
Academic Achievement

7

Description
To measure Suicide Ideation
Timepoint
Baseline; after intervention, a 3 month follow up
Method of measurement
The Hopelessness and Suicide Ideation Inventory “IDIS”

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: this group will take eight week training in Mindfulness Based Stress Reduction consisting of 2.5 hours of instruction per week and 45 minutes per day of home practice. The course will utilize the materials from palousemindfulness.com (permission has been sought and received from the site owner), which include video and written materials. Mindfulness practices include Mindful Eating, Body Scans, Focused Breathing and Gentle Yoga Poses. These are conducted during the sessions and in home practice tasks. Maximum group numbers will be 10 per group. Each week participants will be given homework sheets to record their home practice; these will be collected and the times recorded as part of the data collection.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Bahuddin Zakariya Univerrsity, Multan
Full name of responsible person
Aminah Iqbal
Street address
Bahuddin Zakariya University, Multan
City
Multan
Postal code
60000
Phone
+92 61 9210071
Email
amnamuhammaddin@live.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Self Funded
Full name of responsible person
Maria Anwar Khan
Street address
Sewra Chowk Waryam Chowk, 30 Feet Street, Hashmi Street 1
City
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Phone
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Email
maria.anwar.khan@gmail.com
Grant name
Self funded by researcher
Grant code / Reference number
Not available
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Self funded by researcher
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
Other

Person responsible for general inquiries

Contact

Name of organization / entity
The Islamia University, Bahawalpur

Full name of responsible person
Maria Anwar Khan

Position
Student

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Sewra Chowk Waryam Chowk, 30 Feet Street, Hashmi Street 1

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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
No - There is not 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
Undecided - It is not yet known if there will be 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
After the study completion, the participant's data will be provided without identifying information.

When the data will become available and for how long
From Jan 2022

To whom data/document is available
Researchers of Mental Health Studies

Under which criteria data/document could be used
For systematic reviews and meta analysis, studies are permitted.

From where data/document is obtainable
Sewra Chowk 30 Feet Road, Hashmi Street 1. Email: maria.anwar.khan@gmail.com

What processes are involved for a request to access data/document
The data request needs to clearly define data needs. The study contact person will provide data with in a 2 weeks after receiving the request.

Comments