# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Comparison of the mindfulness-based cognitive therapy (MBCT) and cognitive- behavioral play therapy (CBPT) on anxiety, attention control and emotional regulation

## Protocol summary

**Study aim**
Comparison of the mindfulness-based cognitive therapy (MBCT) and cognitive- behavioral play therapy (CBPT) on anxiety, attention control and emotional regulation

**Design**
Multivariate analysis of covariance (MANCOVA) with SPSS software will be used to analyze the data obtained from the research.

**Settings and conduct**
The intervention is done in the school and as a group control and intervention

**Participants/Inclusion and exclusion criteria**
- Children 8-12 years old - Not having a physical or mental illness (through the initial screening that will be done by the counselor and school teacher) - A resident of Tehran - Not taking medicine - Not using psychological and psychotherapy services while participating in the program

**Intervention groups**
(CBPT) Comparison of cognitive therapy based on mindfulness

**Main outcome variables**
Examining anxiety, controlled attention and emotional regulation of children

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20230922059488N1**
Registration date: **2023-12-20, 1402/09/29**
Registration timing: **retrospective**

Last update: **2023-12-20, 1402/09/29**
Update count: **0**

**Registration date**
2023-12-20, 1402/09/29

**Registrant information**

**Name**
Habibeh Kholghi

**Name of organization / entity**

**Country**
Iran (Islamic Republic of)

**Phone**
+98 21 8800 3656

**Email address**
habibehkholghi@yahoo.com

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2023-07-23, 1402/05/01

**Expected recruitment end date**
2023-11-22, 1402/09/01

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
Comparison of the mindfulness-based cognitive therapy (MBCT) and cognitive- behavioral play therapy (CBPT) on anxiety, attention control and emotional regulation

**Public title**
indfulness-based cognitive therapy (MBCT) and cognitive- behavioral play therapy (CBPT)

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

child

**Exclusion criteria:**

Having physical and mental illness

**Age**

From **34 years** old to **34 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **42**

**Randomization (investigator's opinion)**

Not 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**

Environmental research

**Street address**

Tehran Ave Golha

**City**

Tehran

**Province**

Tehran

**Postal code**

1413874415

**Approval date**

2023-09-17, 1402/06/26

**Ethics committee reference number**

IR.IAU.TNB.REC.1402.067

## Health conditions studied

### 1

**Description of health condition studied**

Disorders of psychological development

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**

Children's score in anxiety test, cognitive regulation test and controlled attention

**Timepoint**

he effect of therapeutic intervention after 12 sessions

**Method of measurement**

questionnaire

## Secondary outcomes

### 1

**Description**

Children's mental health score

**Timepoint**

After 12 sessions of therapeutic intervention

**Method of measurement**

questionnaire

### 2

**Description**

Children's attention control score

**Timepoint**

After 12 sessions of therapeutic intervention

**Method of measurement**

Attention control questionnaire

### 3

**Description**

Emotional regulation score

**Timepoint**

After 12 sessions of therapeutic intervention

**Method of measurement**

Emotional regulation questionnaire

### 4

**Description**

Anxiety score

**Timepoint**

After 12 sessions of therapeutic intervention

**Method of measurement**

Anxiety questionnaire

## Intervention groups

### 1

**Description**

Intervention group: mindfulness-based cognitive therapy (MBCT)

**Category**

Behavior

### 2

**Description**

Control group: Cognitive and behavioral play therapy

**Category**

Behavior

Academic

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Iran University of Medical Sciences
**Full name of responsible person**
dr mojtaba habibi
**Street address**
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## Sponsors / Funding sources

**1**

**Sponsor**

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**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**
No

**Title of funding source**
Islamic Azad university

**Proportion provided by this source**
10

**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**

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**
Islamic Azad University
**Full name of responsible person**
Mojtaba Habibi
**Position**
Professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Psychology
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## Person responsible for scientific inquiries

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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**
Yes - There is a plan to make this available
**Informed Consent Form**
Yes - There is a plan to make this available
**Clinical Study Report**
Yes - There is a plan to make this available
**Analytic Code**
Yes - There is a plan to make this available
**Data Dictionary**
Yes - There is a plan to make this available
**Title and more details about the data/document**
Statistical information of children's scores in psychological tests
**When the data will become available and for how long**
one year
**To whom data/document is available**
Judges and researchers
**Under which criteria data/document could be used**
Future research
**From where data/document is obtainable**
Author
**What processes are involved for a request to access data/document**
organizational process
**Comments**