

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Feb 2026

### Comparing the effectiveness of mindfulness-based stress reduction therapy with cognitive behavioral therapy on symptoms of depression and illness anxiety in adolescents aged 14 to 18 years

#### Protocol summary

##### Study aim

The purpose of the study was to compare the effectiveness of mindfulness-based stress reduction therapy with cognitive-behavioral therapy on reducing symptoms of depression and anxiety in adolescents aged 14-18 years with cyberchondria, which will be conducted in the city of Isfahan.

##### Design

The study population in each group is determined to be 15 people. The sample size is considered to be 45 people. The sampling method is purposive. In each set, the sample individuals are screened by administering the Cyberchondria questionnaire. The selected sample is randomly placed in the experimental and control groups. The subjects in the experimental group are randomly assigned to two groups, undergoing therapeutic interventions. The control group will not receive any intervention. Post-tests are conducted on the experimental and control groups.

##### Settings and conduct

In adolescents with cyberchondria in Isfahan

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Informed consent to participate in the research - Adolescents aged 14 to 18 - Adolescents living in Isfahan - Suffering from cyberchondria according to expert opinion and cyberchondria questionnaire - Suffering from other psychological disorders  
Exclusion criteria: Failure to cooperate to continue the project - Absence of more than two sessions of therapy Receiving simultaneous pharmacological and psychological interventions - Adolescents living in other cities of Isfahan province

##### Intervention groups

Intervention group based on cognitive and behavioral therapy and intervention group based on mindfulness-based stress reduction therapy

##### Main outcome variables

Mindfulness-based stress reduction therapy and cognitive behavioral therapy, depression and illness anxiety

#### General information

##### Reason for update

##### Acronym

CBTMBSR

##### IRCT registration information

IRCT registration number: **IRCT20250201064584N1**

Registration date: **2025-03-12, 1403/12/22**

Registration timing: **prospective**

Last update: **2025-03-12, 1403/12/22**

Update count: **0**

##### Registration date

2025-03-12, 1403/12/22

##### Registrant information

##### Name

Zohreh Rashidi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3265 1714

##### Email address

zohreh.rashidi6060@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-04-14, 1404/01/25

##### Expected recruitment end date

2025-09-06, 1404/06/15

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
Comparing the effectiveness of mindfulness-based stress reduction therapy with cognitive behavioral therapy on symptoms of depression and illness anxiety in adolescents aged 14 to 18 years

**Public title**  
Comparison of mindfulness-based and cognitive-behavioral stress reduction therapies for adolescents with cyberchondria.

**Purpose**  
Health service research

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
A teenager aged 14 to 18 must have cyberchondria syndrome. The subject must not be under any other drug or medical treatment.  
**Exclusion criteria:**

**Age**  
From **14 years** old to **18 years** old

**Gender**  
Both

**Phase**  
N/A

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

**Sample size**  
Target sample size: **45**

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

**Randomization description**  
In the present study, the research method is applied in terms of purpose and quantitative in terms of data type. Considering the research topic, which is to compare the effectiveness of mindfulness-based stress reduction therapy and cognitive behavioral therapy on depression and health anxiety in adolescents aged 14 to 18 with cyberchondria, the research method is a semi-experimental with a pretest-posttest design with a control group.

**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 Azad University, Arsanjan Branch  
**Street address**  
University Boulevard, Islamic Azad University, Arsanjan Branch  
**City**  
Arsanjan  
**Province**  
Fars  
**Postal code**  
۷۳۷۶۱۵۳۱۶۱

**Approval date**  
2025-01-18, 1403/10/29

**Ethics committee reference number**  
ir.iau.a.rec.1403.143

**Health conditions studied**

1

**Description of health condition studied**  
Cyberchondria

**ICD-10 code**  
F45.20

**ICD-10 code description**  
Hypochondriacal disorder, unspecified

**Primary outcomes**

1

**Description**  
Depression and illness anxiety

**Timepoint**  
4, 6, and 3 months

**Method of measurement**  
Beck Depression Inventory and Illness Anxiety Inventory

**Secondary outcomes**  
empty

**Intervention groups**

1

**Description**  
The first intervention group received mindfulness-based stress reduction therapy, the second intervention group received cognitive behavioral therapy, and the third intervention group received no intervention.

**Category**  
Treatment - Other

2

**Description**  
Intervention group:

**Category**

Treatment - Other

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Tansim Therapy Clinic

**Full name of responsible person**

Dr. Masoud Motamedi

**Street address**

East Hasht Behesht Street

**City**

isfahan

**Province**

Isfahan

**Postal code**

8154858131

**Phone**

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alirezasalehi07@gmail.com

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Dr. Alireza Feily

**Street address**

University Boulevard, Islamic Azad University  
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ar.feily98@gmail.com

**Grant name**

**Grant code / Reference number**

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

No

**Title of funding source**

Didn't have

**Proportion provided by this source**

1

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

## Type of organization providing the funding

Academic

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Dr. Alireza Fily

**Position**

Faculty

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

### Contact

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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**

In the form of scientific and research articles and self-study booklets for adolescent self-care

**When the data will become available and for how long**

2025

**To whom data/document is available**

Experts, professors and researchers

**Under which criteria data/document could be used**

Research or study of the mental health status of adolescents

**From where data/document is obtainable**

Dr. Zohreh Rashidi

**What processes are involved for a request to access data/document**

Three months

**Comments**