

## In The Name of God

**Sport Sciences Research Institute of Iran** Ministry of Science, Research & Technology

Date: 20/6/2022

No: 11/53686

## Ethics Approval of Research

This is to certify that the research project entitled 'The effect of yoga-based mindfulness on competitive competitive anxiety, mental skills and cortisol in skilled volleyball players' provided by Mrs. Maryam Abdoshahi has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with Ethical Standards in Research of the Ministry of Science, Research and Technology, with the code IR.SSRI.REC.1401.1432

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