



### 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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SSRI Research Deputy

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Trace Code  
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