



In The Name of God

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

Date : 3/9/2022

No : 11/55118

Ethics Approval of Research

Trace Code
108095

This is to certify that the research project entitled '**Comparison of the effectiveness of mindfulness-based stress reduction program (MBSR) and aerobic exercise on psychological factors and sleep quality in Covid 19 patients with moderate depressive syndrome**' provided by *Mr. Keyvan Molanorouzi* 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.1401.1801***

Ali Kashi, P.h.D.
SSRI Research Deputy

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