

# Can coloring mandalas help reduce overthinking and loneliness in junior high school students?

<b>Submission date</b> 13/01/2026	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 19/01/2026	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 14/01/2026	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Plain English summary of protocol not provided at time of registration.

## Contact information

### Type(s)

Scientific, Public, Principal investigator

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## Additional identifiers

## Study information

### Scientific Title

Structured Mandala Drawing Therapy to reduce rumination and loneliness in junior high school students: a randomized controlled trial

### Acronym

MDRL

**Study objectives**

This study wants to find out if an 8-week group colouring activity using simple circle-pattern pictures (mandalas) can help junior-high-school students worry less and feel less lonely.

**Ethics approval required**

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**Ethics approval(s)**

approved 21/04/2025, Jilin Normal University Science and Technology Ethics Committee (College of Education Science, Jilin Normal University, 1301 Haifeng Street, Tiexi District, Siping, 136000, China; +86-434-329-1234; 1399428957@qq.com), ref: LJLL20250407

**Primary study design**

Interventional

**Allocation**

Non-randomized controlled trial

**Masking**

Open (masking not used)

**Control**

Placebo

**Assignment**

Parallel

**Purpose**

Prevention

**Study type(s)****Health condition(s) or problem(s) studied**

Adolescent rumination and loneliness

**Interventions**

Participants in the intervention group will receive eight weekly 40-minute Mandala Drawing Therapy sessions delivered in groups of 8–10 students. Each session follows a structured theme (Protection, Differentiation, Cohesion, Integration, Guidance, Transcendence, Enlightenment, Review) and includes choosing pre-printed mandala patterns, colouring with provided pens while calming background music is played, and sharing reflections. No additional homework or materials are required.

**Intervention Type**

Behavioural

**Primary outcome(s)**

1. Rumination measured using the Chinese version of the Ruminative Responses Scale (RRS) at baseline (week 0), post-intervention (week 8), 3-month follow-up

2. Subjective feelings of loneliness and social isolation measured using the UCLA Loneliness Scale (UCLA-LS) at baseline (week 0), post-intervention (week 8), 3-month follow-up

### **Key secondary outcome(s))**

#### **Completion date**

30/07/2026

## **Eligibility**

#### **Key inclusion criteria**

1. Grades 7–9 junior high school students
2. Age 12–15 years
3. Signed informed consent by student and parent
4. Not receiving other formal psychological intervention
5. No developmental disability or severe mental illness

#### **Healthy volunteers allowed**

Yes

#### **Age group**

Child

#### **Lower age limit**

12 years

#### **Upper age limit**

15 years

#### **Sex**

All

#### **Total final enrolment**

60

#### **Key exclusion criteria**

1. Diagnosed developmental disability
2. Severe mental illness precluding group activities
3. Concurrent participation in other formal psychological interventions
4. Refusal to provide informed consent by student or guardian

#### **Date of first enrolment**

01/06/2025

#### **Date of final enrolment**

02/08/2025

## **Locations**

#### **Countries of recruitment**

China

## Sponsor information

**Organisation**

Jilin Normal University

**ROR**

<https://ror.org/00xtsag93>

## Funder(s)

**Funder type**

**Funder Name**

Investigator initiated and funded

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Chinese		14/01/2026	No	Yes
<a href="#">Protocol file</a>			14/01/2026	No	No