

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Aug 2026

The Effectiveness of group training on transactional analysis on adaptation and self-esteem of women prisoners

Protocol summary

Study aim

Determining the Effectiveness of group training based on transactional analysis on adaptation and self-esteem of women prisoners

Design

In this study 84 female prisoners were selected and allocated to two groups of control and intervention randomly (42 in each group).

Settings and conduct

This study is conducted on the effectiveness of transactional analysis on the adaptability and self-esteem of female prisoners in the prison of female prison cell in Kerman. The researcher measures the impact of group training of transactional analysis on the adaptability and self-esteem of the female prisoners

Participants/Inclusion and exclusion criteria

The inclusion criteria included women who had passed at least 6 months of their imprisonment period, women whose imprisonment period did not end during the study course, and women with educational level of at least junior high school degree. The presence of psychological and physical disease which requires hospitalization.

Intervention groups

The TA training program was held in 8 sessions that lasted 90 minutes for the intervention group on a weekly basis. The educational intervention was presented by the first researcher and a psychologist through educational slides, lectures, group discussions, questions and answers, and the submission of thoughts. The control group received no educational program during this period

Main outcome variables

The degree of adaptability and self-esteem of female prisoners

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170725035289N5**

Registration date: **2018-08-25, 1397/06/03**

Registration timing: **retrospective**

Last update: **2018-08-25, 1397/06/03**

Update count: **0**

Registration date

2018-08-25, 1397/06/03

Registrant information

Name

Sakineh Miri Boraee

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5119

Email address

s_miri@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research of Kerman University of Medical Sciences

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-02-20, 1396/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of group training on transactional

analysis on adaptation and self-esteem of women prisoners

Public title
The Effectiveness of group training on transactional analysis on adaptation and self-esteem of women prisoners

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
women with educational level of at least junior high school degree Women who had passed at least 6 months of their imprisonment period Women whose imprisonment period did not end during the study course
Exclusion criteria:
The presence of psychological and physical disease which requires hospitalization

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **84**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study 84 female prisoners were selected and allocated to two groups of control and intervention randomly (42 in each 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
Ethics Committee, Deputy of Research and Technology of Kerman University of Medical Sciences
Street address
Deputy of Research and Technology of Kerman University of Medical Sciences, Ebnesina st, Somayeh Crossroads, Kerman
City
Kerman
Province

Kerman
Postal code
7616913555
Approval date
2016-09-22, 1395/07/01
Ethics committee reference number
IR.KMU.REC.1395.1670

Health conditions studied

1
Description of health condition studied
Adaptation, self-esteem
ICD-10 code
ICD-10 code description

Primary outcomes

1
Description
Self-Esteem
Timepoint
Before the intervention and 1 month after the intervention
Method of measurement
Rosenberg's self-esteem scale (SES)

2
Description
Adaptation
Timepoint
Before the intervention and 1 month after the intervention
Method of measurement
Bell Adjustment Inventory (BAI)

Secondary outcomes
empty

Intervention groups

1
Description
The TA training program was held in 8 sessions that lasted 90 minutes for the intervention group on a weekly basis. The educational intervention was presented by the first researcher and a psychologist through educational slides, lectures, group discussions, questions and answers, and the submission of thoughts.
Category
Behavior

2
Description
Control group: no action
Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Prison in Kerman

Full name of responsible person

Sakineh Miri Boraee

Street address

Central Prison, Haft Bagh High Way, Kerman

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr. Abbas pardakhti

Street address

Deputy of Research and Technology of Kerman
University of Medical Sciences, Ebnesina st, Somayeh
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abpardakhti@kmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman University of Medical Sciences

Proportion provided by this source

100

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

Kerman University of Medical Sciences

Full name of responsible person

Sakineh Miri Boraee

Position

masters

Latest degree

Master

Other areas of specialty/work

Health Promotion

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master

Latest degree

Master

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Other areas of specialty/work**Street address**

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable