Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 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)

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+98 34 3132 5119

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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

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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

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Deputy of Research and Technology of Kerman University of Medical Sciences, Ebnesina st, Somayeh Crossroads, Kerman

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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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Other areas of specialty/work

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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