

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jun 2026

### Comparison of effectiveness of schema therapy with mindfulness and forgiveness therapy on clinical symptoms, emotional responses, cognitive distortions and self-compassion in women affected by husband's betrayal

#### Protocol summary

##### Study aim

Studying the effectiveness of schema therapy with mindfulness and forgiveness therapy on clinical symptoms, emotional responses, cognitive distortions and self-compassion in women affected by husband's betrayal

##### Design

Clinical trial with follow-up and control group, with parallel groups, not blind, randomized

##### Settings and conduct

The target population of this study is women affected by treachery of spouse referred to psychological clinics of Mashhad during the period from November to December 2018. A total of 36 women are selected based on inclusion criteria by the available sampling method and are randomly assigned to one of the two experimental or control groups. All participants will answer the questionnaire in the pre-test, post-test and 2 months follow-up steps. The data will be analyzed by repeated measures of variance analysis.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Women whose husband's had been cut with the third person, but they could not reconstruct the relationship due to the anger and annoyance of husband's betrayal. Exclusion criteria: To counteract husband's betrayal, Being applicant for divorce, Husband's remarriage due to betrayal

##### Intervention groups

Intervention group1: During ten 90-minute sessions of schema therapy with mindfulness for 2 month,, three of the most influential schemas and subjectivities of each participants, will be used in the context of the topic of mindfulness. Intervention group 2 : During ten 90-minute sessions of forgiveness therapy for 2 month, the participants will pass the forgiveness process by uncovering of anger, making decision to forgive, working on it and finally deepening the forgiveness. Control

group: Will not receive any intervention until the end of the follow-up step.

##### Main outcome variables

Clinical symptoms;Emotional responses to betraying;  
Cognitive distortions; Self-compassion

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180131038576N1**

Registration date: **2018-12-02, 1397/09/11**

Registration timing: **prospective**

Last update: **2018-12-02, 1397/09/11**

Update count: **0**

##### Registration date

2018-12-02, 1397/09/11

##### Registrant information

##### Name

Mohamad Reza Raftar aliabadi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3868 6502

##### Email address

psy.rft95@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-12-11, 1397/09/20

##### Expected recruitment end date

2019-02-09, 1397/11/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of effectiveness of schema therapy with mindfulness and forgiveness therapy on clinical symptoms, emotional responses, cognitive distortions and self-compassion in women affected by husband's betrayal

**Public title**

Comparison of effectiveness of schema therapy with mindfulness and forgiveness therapy on women affected by husband's betrayal

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

The experience of husband's betrayal in the last year  
Minimum diploma education She is currently living with her husband and is not thinking to get divorce. Women whose husband's had been cut with the third person and is looking for forgiveness and compensation, but they could not reconstruct the relationship due to the anger and annoyance of husband's betrayal. Women who do not receive any counseling and psychotherapy services at the time of the research.

**Exclusion criteria:**

To counteract husband's betrayal Having symptoms of psychosis Being applicant for divorce Husband's remarriage due to betrayal

**Age**

From **20 years** old to **40 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **36**

Actual sample size reached: **30**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

36 individual will be randomly assigned to three group. Randomization will be based on permutation block. Accordingly, 12 blocks will be allocated to individual, in each block 1 person from the intervention group 1, 1 person from the intervention group 2, and 1 person from the control group will be placed. Eventually, after completion of the blocks, group 1 schema therapy with mindfulness and group 2 forgiveness therapy will be placed. The Control group will not receive any treatment until the end of the follow-up step.

**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 of Islamic Azad University - Neyshabur Branch

**Street address**

Islamic Azad University, Neyshabour Branch, Research street

**City**

Neyshabur

**Province**

Razavi Khorasan

**Postal code**

9319797139

**Approval date**

2018-06-21, 1397/03/31

**Ethics committee reference number**

IR.IAU.NEYSHABUR.REC.1397.003

**Health conditions studied****1****Description of health condition studied**

Husband's betrayal

**ICD-10 code**

Z63.0

**ICD-10 code description**

Problems in relationship with spouse or partner

**Primary outcomes****1****Description**

Clinical symptoms

**Timepoint**

Before interventions, after the completion of interventions, two months after the end of the interventions

**Method of measurement**

Beck Inventory of Depression, Anxiety and Despair

**2****Description**

Emotional responses

**Timepoint**

Before interventions, after the completion of

interventions, two months after the end of the interventions

#### **Method of measurement**

Emotional responses to infidelity Questionnaire

### **3**

#### **Description**

Cognitive distortion

#### **Timepoint**

Before interventions, after the completion of interventions, two months after the end of the interventions

#### **Method of measurement**

The interpersonal cognitive distortions scale

### **4**

#### **Description**

Self-compassion

#### **Timepoint**

Before interventions, after the completion of interventions, two months after the end of the interventions

#### **Method of measurement**

Self-compassion scale

## **Secondary outcomes**

empty

## **Intervention groups**

### **1**

#### **Description**

Intervention group 1: schema therapy with mindfulness, meetings are taken away from book "Mindfulness and schema therapy, 2014; translated by Zirak and Hamid Pour", In the form of nine weekly 90 minute sessions and two follow-up sessions , monthly and bimonthly . During the training sessions instead of addressing the personality problems of the participants, three number of the most influential schemas and subjectivities of each group member will be known. Then, these schemas and subjectivities are used in the context of the topic of mindfulness during education.

#### **Category**

Behavior

### **2**

#### **Description**

Intervention group 2: Forgiveness therapy will be done for 10 weekly 90 minute sessions, based on the " Enright and et al (2000)" process model which consists of twenty units in four stages. The purpose of the first stage, detection, is increasing awareness of the client from the psychological factors which are inhibiting the process of recovery and also correction of their worldview to the guilty person, their future and the existential view. In the second stage which called decision making, the goal is to encourage the client to consider forgiveness as an active

response to their self-annoyance and committing to it. The goal of the stage of action which is the third stage of this pattern is to reconstructing the definition of annoyance, empathy with the offending person and acceptance of annoyance. Finally, the goal of the fourth stage which is named result or giving depth , is finding meaning, social support and purpose of life.

#### **Category**

Behavior

### **3**

#### **Description**

Control group: Which will not receive any intervention until the end of the 2-month follow-up after intervention on the two experimental groups 1 and 2. After the follow-up stage, one of the interventions one or two which had better efficiency will be performed on the control group.

#### **Category**

Other

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Rahyab couple therapy clinic

##### **Full name of responsible person**

Hossein Shareh

##### **Street address**

Second floor, No. 29, Chamran 9, Chamran Ave

##### **City**

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##### **Email**

Info@rahyabclinic.com

##### **Web page address**

<http://www.rahyabclinic.com>

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

Ahmad Zendedel

##### **Street address**

Islamic Azad University, Neyshabour Branch, Research street

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pajohesh@iau-neyshabur.ac.ir

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Islamic Azad University

**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**

Islamic Azad University

**Full name of responsible person**

Mohamad Reza Raftar Aliabadi

**Position**

Phd student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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**

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

**Data Dictionary**

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