Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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)

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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 1person from the intervention group1, 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 committe of Islamic Azad University - Neyshabur Branch
Street address
Islamic Azad University, Neyshabour Branch, Research street
City
Neyshabur
Province
Razavi Khorasan
Postal code
۹۳۱۹۷۹۷۱۳۹
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 coupel therapy clinic

Full name of responsible person

Hossein Shareh

Street address

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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
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 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