

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

#### Protocol summary

##### Study aim

The Effect of Group-Based Cognitive-Behavioral Therapy on Self-Esteem of Women With Domestic Violence

##### Design

This study is a controlled clinical trial with parallel groups and pre-test/post-test method. The groups consisted of 40 women aged between 15-45 years old, whose domestic violence score was higher than 54, and self-esteem score lower than 15, who were randomly assigned to the control and experimental groups by drawing straws. The study was double blind and the person evaluating the outcomes and data analyst were other than the person performing the intervention and were not aware of the group allocations.

##### Settings and conduct

The study place was Gachsaran city health centers. 40 people with self-esteem score <15 were selected randomly by drawing straws and divided into control or experimental groups. The experimental group received 8 sessions of 90-minute cognitive-behavioral therapy. The evaluator of the results and data analyst were other than the person performing the intervention and had no information about the group allocations.

##### Participants/Inclusion and exclusion criteria

Willingness to participate in the study, being married, having at least one child, Iranian nationality, age 15 to 45, having at least elementary education, earning a score of >54 in domestic violence questionnaire, and <15 in self-esteem questionnaire. Exclusion criteria: People with a positive history of cognitive-behavioral therapy, severe physical or mental illness, unpleasant events during the previous 6 months, and use of antipsychotics.

##### Intervention groups

Score of >54 in domestic violence questionnaire and <15 in self-esteem questionnaire, and 8 sessions of 90-minute cognitive-behavioral therapy were held weekly for the experimental group, while the control group only received an educational CD containing Cognitive Behavioral Counseling at the end of the sessions.

#### Main outcome variables

Self-esteem

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180204038609N1**

Registration date: **2018-06-08, 1397/03/18**

Registration timing: **retrospective**

Last update: **2018-06-08, 1397/03/18**

Update count: **0**

##### Registration date

2018-06-08, 1397/03/18

##### Registrant information

##### Name

Esmat Zarifinejad

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3373 8619

##### Email address

zarifinejad@stu.ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-02-23, 1396/12/04

##### Expected recruitment end date

2018-05-03, 1397/02/13

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

**Public title**

The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

**Purpose**

Treatment

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

Willingness to participate in the study Being married  
Having at least one child Being Iranian Age between 15 - 45 year Being educated, at least at primary school level  
Gaining a score above 54 on the Domestic Violence Questionnaire and below on Self-esteem questionnaire

**Exclusion criteria:**

Individuals with a history of cognitive behavioral therapy  
Having been diagnosed with a severe physical or psychological illness Experience of horrible incidents and difficult situations during the last 6 months Use of anti psychotics

**Age**

From **15 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**

Target sample size: **40**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

By simple randomization method, the individual unit is divided into two groups of control and test using the randomized drawing method

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

The evaluator of the results and analyzes of data is a person other than the intervening person and does not have any information on how to group the groups.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Ahvaz University of Medical Sciences

**Street address**

Deputy of Research and Technology Development of Jundishapur University of Medical Sciences and Health Services Ahvaz, Adjacent to Central Office, Academic City, Ahvaz

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

61357-15794

**Approval date**

2018-01-15, 1396/10/25

**Ethics committee reference number**

IR.AJUMS.REC.1396.881

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

Self-esteem

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Self-Esteem Score in Rosenberg Questionnaire

**Timepoint**

Measurement of self-esteem score at the beginning of the study (before intervention) and after intervention

**Method of measurement**

Rosenberg self-esteem questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

The intervention group will receive eight sessions of cognitive-behavioral therapy. The duration of each session is 90 minutes and once a week.

**Category**

Behavior

**2****Description**

Control group: No intervention

**Category**

Other

**Recruitment centers**1**Recruitment center****Name of recruitment center**

Health centers in Gachsaran city

**Full name of responsible person**

Pourandokht Afshary

**Street address**

Deputy of Research and Technology Development of  
Jundishapur University of Medical Sciences and Health  
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**Web page address**

<http://vchresearch.ajums.ac.ir/HomePage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>

**Sponsors / Funding sources**1**Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Pourandokht Afshary

**Street address**

Deputy of Research and Technology Development of  
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Services Ahvaz, Adjacent to Central Office, Academic  
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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**

Ahvaz University of Medical Sciences

**Proportion provided by this source**

1

**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**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Pourandokht Afshary

**Position**

the coach

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

**Street address**

Academic city, adjacent to the Central Office of the  
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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Pourandokht Afshary

**Position**

the coach

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Esmat zarifi nejad

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

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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