

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of emotional schema therapy on feeling of anhedonia and psychological distress of women with domestic violence experience

#### Protocol summary

##### Study aim

Determining the effectiveness of emotional schema therapy on feelings of joylessness and psychological distress in women with domestic violence experience.

##### Design

The clinical trial with an experimental group and a control group, single blind, sample size of 30 people, randomized, phase 2, lottery method was used for randomization.

##### Settings and conduct

Study location: Parse Counseling Center was in Robat Karim. The study population: all women with domestic violence experience who had referred to counseling and welfare centers in the southwest of Tehran province in 2021; One-sided blinding type; Blinding method: Those involved in the study (participants) assumed that all participants would receive the intervention, even if some did not.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: married women who are victims of one of the types of domestic violence as diagnosed by a forensic doctor, age range between 20 and 50 years, having literacy, ability to participate in meetings, willingness and informed consent to participate in the research. Non-inclusion criteria: suffering from an acute mental disorder, having obvious physical or psychological symptoms, taking psychiatric drugs and having substance abuse at the time of the research, simultaneous participation in other psychotherapy sessions.

##### Intervention groups

Intervention group: Emotional schema therapy; Emotional schema therapy training sessions of 12 90-minute sessions based on Leahy's training package (2016) were conducted individually on the experimental group. Control group: No intervention was done for the control group.

##### Main outcome variables

Anhedonia; psychological distress

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230517058218N1**

Registration date: **2023-07-09, 1402/04/18**

Registration timing: **retrospective**

Last update: **2023-07-09, 1402/04/18**

Update count: **0**

##### Registration date

2023-07-09, 1402/04/18

##### Registrant information

##### Name

Afarin AghaMohammadSadegh

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2229 7424

##### Email address

afi.sadeghi@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-05-10, 1400/02/20

##### Expected recruitment end date

2021-09-11, 1400/06/20

##### Actual recruitment start date

2021-06-15, 1400/03/25

##### Actual recruitment end date

2021-10-07, 1400/07/15

##### Trial completion date

2022-05-17, 1401/02/27

##### Scientific title

The effectiveness of emotional schema therapy on feeling of anhedonia and psychological distress of women with domestic violence experience

#### **Public title**

The effectiveness of emotional schema therapy on women with domestic violence experience

#### **Purpose**

Education/Guidance

#### **Inclusion/Exclusion criteria**

##### **Inclusion criteria:**

Married women who are the victims of one types of domestic violence as diagnosed by forensic medicine  
Age range between 20 and 50 years  
Being literate  
Ability to participate in meetings  
Willingness and informed consent to participate in the research

##### **Exclusion criteria:**

Suffering from an acute psychiatric and physical illness at the time of the research  
The existence of cognitive disorders and weakness in cognitive function  
Taking psychiatric drugs and having substance abuse at the time of the study  
Simultaneous participation in other psychotherapy sessions

#### **Age**

From **20 years** old to **50 years** old

#### **Gender**

Female

#### **Phase**

3

#### **Groups that have been masked**

- Participant

#### **Sample size**

Target sample size: **30**

Actual sample size reached: **29**

#### **Randomization (investigator's opinion)**

Randomized

#### **Randomization description**

The method of random assignment to the intervention and control groups was to place 30 cards in a box with the letters of the English alphabet "M" and "C" equally written on them. Each patient randomly selected a card and entered the intervention or control group according to the letter written on the card.

#### **Blinding (investigator's opinion)**

Single blinded

#### **Blinding description**

Those involved in the study (participants) assumed that all participants received the intervention, although some did not.

#### **Placebo**

Not used

#### **Assignment**

Parallel

#### **Other design features**

### **Secondary Ids**

empty

## **Ethics committees**

### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Ethics Committee of Department of Psychology;  
Faculty of Psychology; Tehran Islamic Azad University

##### **Street address**

Second West Unit, No 5, after Duquz Crossroad,  
Shahid Mahmoud Nouryan St, North Dibaji,  
Farmaniyeh

##### **City**

Tehran

##### **Province**

Tehran

##### **Postal code**

1953664415

##### **Approval date**

2022-10-04, 1401/07/12

##### **Ethics committee reference number**

IR.IAU.TMU.REC.1401.218

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

Anhedonia-psychological distress

##### **ICD-10 code**

F32

##### **ICD-10 code description**

Major depressive disorder, single episode

## **Primary outcomes**

### **1**

#### **Description**

Anhedonia score in Snaith-Hamilton's hedonic questionnaire (1995)

##### **Timepoint**

At the beginning of the study (before the start of the intervention) and after the treatment protocol

##### **Method of measurement**

Snaith-Hamilton's hedonic questionnaire (1995)

### **2**

#### **Description**

Psychological distress score in Kessler's Psychological Prescience Questionnaire (2002)

##### **Timepoint**

At the beginning of the study (before the start of the intervention) and after the treatment protocol

##### **Method of measurement**

Kessler's Psychological Prescience Questionnaire (2002)

## **Secondary outcomes**

empty

## Intervention groups

### 1

#### Description

Intervention group: In this research, the experimental group received 12 sessions of 90-minute emotional schema therapy, based on Leahy's educational package (2016), individually.

#### Category

Other

### 2

#### Description

Control group: It did not receive any intervention.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Parse Counseling and Welfare Center

##### Full name of responsible person

Mansoor Ali Mahdi

##### Street address

Imam Reza Complex, Amin 1st Alley, Jihad Street

##### City

Robat Karim

##### Province

Tehran

##### Postal code

3761113498

##### Phone

+98 21 5688 8312

##### Email

Parseh.psy@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Farshad Hashemian

##### Street address

Tehran Medical Science Unit , Tehran ,Iran  
021-22006660-7, Address:Tehran Islamic Azad  
University Of Medical Sciences Building Intersection  
Of Karimi St. Shahid Mosivand St. Shariati St . Tehran  
Postal code : 1916893813

##### City

Tehran

##### Province

Tehran

##### Postal code

1916893813

#### Phone

+98 21 2200 6660

#### Email

alimehdi.mansoor@gmail.com

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

Tehran Azad Islamic 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

Islamic Azad University

##### Full name of responsible person

Mansoor Ali Mahdi

##### Position

Assistant Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Psychology

##### Street address

Tehran Islamic Azad University Of Medical Sciences  
Building; Intersection Of Karimi St.; Shahid Mosivand  
St.; Shariati St.

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

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##### Full name of responsible person

Mansoor Ali Mahdi

##### Position

Assistant Professor

##### Latest degree

Ph.D.

**Other areas of specialty/work**

Psychology

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Afarin Agha Mohammad Sadegh

**Position**

Clinical master's student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

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**Email**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The data related to this research is available as an Excel  
file without mentioning identity information.

**When the data will become available and for how long**

After publishing the results.

**To whom data/document is available**

It will be available for researchers working in academic  
and scientific institutions.

**Under which criteria data/document could be used**

There are no special conditions.

**From where data/document is obtainable**

Responsible author: Mansour Ali Mahdi Assistant  
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**What processes are involved for a request to access data/document**

Documents or files will be provided as soon as possible  
after contacting the responsible author.

**Comments**