Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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)

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+98 21 2229 7424

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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
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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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Farshad Hashemian
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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 Postcal code : 1916893813
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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
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Other areas of specialty/work
Psychology
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Full name of responsible person
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Position
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Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

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Position
Clinical master's student

Latest degree
Master

Other areas of specialty/work
Psychology

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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 Professor of Psychology, Islamic Azad University, Tehran Medical Sciences Unit, Tehran, Iran. Phone: 7-22006660, Address: Shariati St., Shahid Mosivand St., intersection of Karimi St., Tehran Islamic Azad University of Medical Sciences Building, Postal Code: 1916893813, Email:alimehdi.mansoor@gmail.com

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