

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

A qualitative study of psychological components in Prolonged grief disorder by suicide, and The Efficacy of Compassion-focused group therapy on The recovery of this disorder

Protocol summary

Study aim

Investigating the efficacy of compassion-focused group therapy on the recovery of prolonged grief disorder caused by suicide

Design

Clinical trial with two groups using web-based randomization and single-blind method using sealed envelopes on 52 subjects

Settings and conduct

After the initial selection of the sample in Kermanshah, which includes survivors with prolonged grief disorder survivors of suicide, who will be structured by questionnaire and clinical interview. 52 participants were randomly assigned to experimental groups and waiting list in three stages of pretest, posttest and follow-up. They will answer the questions of prolonged grief disorder, rumination related to grief, self-compassion, shame, anxiety, depression, avoidance and depressive anxiety and experiential avoidance questionnaires.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Ranging in age from 18 to 60 years, having prolonged grief disorder, having a minimum level of secondary education, and survivors have lost a family member to suicide during the last three years. Exclusion criteria: Having acute suicidal thoughts at the time of study, having diagnostic criteria for mood disorders, schizophrenia and post-traumatic stress disorder, having physical illnesses that require urgent medical attention, having any cognitive impairment including Alzheimer's disease with the diagnosis of neurologist

Intervention groups

In the experimental group, 12 sessions of group therapy focused on compassion are performed and no intervention is done in the control group. If the treatment is effective for the control group, group sessions will be held.

Main outcome variables

Symptoms of prolonged grief disorder, grief rumination, self-compassion, shame, anxiety, depression, and experiential avoidance.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230430058032N1**

Registration date: **2024-03-10, 1402/12/20**

Registration timing: **prospective**

Last update: **2024-03-10, 1402/12/20**

Update count: **0**

Registration date

2024-03-10, 1402/12/20

Registrant information

Name

Moslem Rajabi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-04-20, 1403/02/01

Expected recruitment end date

2024-06-22, 1403/04/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A qualitative study of psychological components in Prolonged grief disorder by suicide, and The Efficacy of Compassion-focused group therapy on The recovery of this disorder

Public title

Efficacy of Compassion-Focused Group Therapy on The Recovery of Prolonged Grief Disorder Symptoms Survivors of Suicide

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Suffering from prolonged grief disorder (based on structured clinical interview and getting a score of 30 on prolonged grief disorder questionnaire) Survivors have lost a family member to suicide within the past three years.

Exclusion criteria:

Having severe suicidal thoughts at the time of study
Having diagnostic criteria for mood disorders, schizophrenia and post-traumatic stress disorder
Having physical illnesses that require urgent medical attention to a specialist
Having any cognitive impairment, including Alzheimer's disease, with the diagnosis of neurologists

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

1-2

Groups that have been masked

- Participant

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

People with prolonged grief disorder are selected using simple randomization method. Individual randomization unit. Through a random table of numbers, which are randomly generated without any pattern or order, the names of the participants will be collected as a set of numbers and the numbers will be used to categorize different groups. Odd numbers are placed in the intervention group and odd numbers in the control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

First, we create random sequences using web-based randomization. Then, based on the size of the research sample, we prepare a number of envelopes and record each random sequence created on a card, and place the

cards in envelopes in order and put them in a box. And according to the order of entry of qualified subjects, we open one of the envelopes and the case group is revealed.

Placebo

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

Ethics committee University of Social Welfare and Rehabilitation Sciences

Street address

khiaban koodak yar. University of Social Welfare and Rehabilitation Sciences

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Province

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Postal code

1985713871

Approval date

2023-03-15, 1401/12/24

Ethics committee reference number

IR.USWR.REC.1401.249

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

prolonged grief disorder

ICD-10 code

F43.8

ICD-10 code description

Other reactions to severe stress

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

Symptoms of prolonged grief disorder

Timepoint

Pre-test, post-test and follow-up

Method of measurement

prolonged grief disorder questionnaire

2**Description**

Grief rumination

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Grief rumination questionnaire

3**Description**

shame

Timepoint

Pre-test, post-test and follow-up

Method of measurement

shame questionnaire

4**Description**

compassion

Timepoint

Pre-test, post-test and follow-up

Method of measurement

scale of self-compassion

5**Description**

anxiety

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Beck Anxiety Questionnaire

6**Description**

Depression

Timepoint

Pre-test, post-test and follow-up

Method of measurement

Beck Depression Questionnaire

7**Description**

experiential avoidance

Timepoint

Pre-test, post-test and follow-up

Method of measurement

multidimensional Experiential Avoidance Questionnaire

Secondary outcomes

empty

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

Intervention group: In the intervention group, 12 sessions of group therapy with a compassion-focused approach will be held. Each session is 120 minutes and there will be one session per week.

Category

Treatment - Other

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

Kermanshah Welfare Center

Full name of responsible person

Ali Islam Parandin

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

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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

University of social welfare and rehabilitation 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

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Person responsible for general inquiries

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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