

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 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)

##### Phone

+98 21 2218 0045

##### Email address

rajjabimoslem@yahoo.com

##### 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

**City**

Tehran

**Province**

Tehran

**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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1 Farhangiyan Ave , Zan Blvd .Kermanshah

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

University of social welfare and rehabilitation sciences

**Full name of responsible person**

Hamid Reza Khankeh

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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

+98 21 6687 6753  
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rajjabimoslem@yahoo.com

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
University of social welfare and rehabilitation sciences  
**Full name of responsible person**  
Moslem Rajabi  
**Position**  
Ph.D. Student  
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Master  
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## Person responsible for scientific inquiries

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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