# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## The effect of compassion-focused therapy on self-compassion, self-esteem, and resiliency of women victims of spousal abuse.

## Protocol summary


**Study aim**
The effect of compassion-based therapy on self-compassion, self-esteem, and resilience of women who are victims of spousal abuse will be determined.

**Design**
A randomized controlled trial, without blinding, using a multi-stage randomization method (stratified, cluster, and simple random sampling), will be conducted on 60 women who have experienced violence. For the simple random sampling, the lottery method will be used.

**Settings and conduct**
The study population consists of women attending comprehensive health centers in the city of Qom who have a history of spousal violence. For the intervention group, compassion-based therapy based on Gilbert's approach will be conducted in 8 weekly sessions by the researcher under the supervision of a specialist psychologist, while no intervention will be provided to the control group.

**Participants/Inclusion and exclusion criteria**
Having Iranian nationality, being married with a permanent marriage, aged between 18 and 55 years, having lived together for at least one year, having experienced domestic violence by the husband at least during the past year, ability to understand and speak Persian, having a minimum education level of high school diploma or higher and scoring below 68 on the Self-Compassion Scale questionnaire.

**Intervention groups**
The intervention of this study is Compassion-Focused Therapy. Participants in the intervention group will receive Compassion-Focused Therapy in 10-person groups over 8 sessions, based on the model of Paul Gilbert, while participants in the control group will not receive any intervention.

**Main outcome variables**
Self-compassion will be measured using the Self-Compassion Scale (Neff, 2003); self-esteem will be measured using the Rosenberg Self-Esteem Scale; and resilience will be measured using the Connor-Davidson Resilience Scale before the intervention, immediately after, and two months after the intervention.


## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20250718066539N1**
Registration date: **2026-03-09, 1404/12/18**
Registration timing: **registered_while_recruiting**

Last update: **2026-03-09, 1404/12/18**
Update count: **0**

**Registration date**
2026-03-09, 1404/12/18

**Registrant information**


**Name**
Tahereh Khavari

**Name of organization / entity**

**Country**
Iran (Islamic Republic of)

**Phone**
+98 25 3725 4604

**Email address**
tkhavari1376@gmail.com


**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2025-10-12, 1404/07/20

**Expected recruitment end date**
2026-07-21, 1405/04/30

**Actual recruitment start date**
empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of compassion-focused therapy on self-compassion, self-esteem, and resiliency of women victims of spousal abuse.

**Public title**

The effect of compassion-focused therapy on self-compassion, self-esteem, and resiliency of women victims of spousal abuse

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Having Iranian nationality Being married with a permanent marriage Aged between 18 and 55 years Having lived together for at least one year Having experienced domestic violence by the husband at least during the past year (based on the CTS2 questionnaire) Ability to understand and speak Persian, having a minimum education level of high school diploma or higher (due to the ability to understand intervention-related concepts and complete assignments) Not being pregnant or in the postpartum period (up to six months after delivery) No simultaneous participation in a similar intervention Not filing for divorce No experience of severe stressors such as divorce, accidents, or bereavement of relatives in the past six months Scoring below 68 on the Neff Self-Compassion Scale

**Exclusion criteria:**

Use of psychotropic drugs, including anti-anxiety medications (such as clonazepam, alprazolam, lorazepam), antidepressants (such as fluoxetine, paroxetine, sertraline), antipsychotics (such as chlorpromazine, fluphenazine, haloperidol), mood stabilizers (such as lithium, carbamazepine, sodium valproate), and stimulants (such as amphetamine, dexmethylphenidate, dextroamphetamine) within 6 months prior to participation in the study and during the study. History of hospitalization in a psychiatric or neurology ward Suffering from any underlying and incurable diseases such as cancer or malignant tumors History of alcohol or drug abuse in the participant or their spouse Having impaired consciousness

**Age**

From **18 years** old to **55 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Sampling is done in a multistage manner. First, all comprehensive health centers in the city of Qom are listed and classified into three groups—good, moderate, and poor—based on their social, economic, and cultural levels (stratified sampling). Then, two centers are randomly selected from each group (cluster sampling), and by simple random sampling (lottery), one center is assigned to the intervention group and one center to the control group. Next, within each center, eligible women who meet the study inclusion criteria are identified and selected through purposive sampling.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Other

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**

Ethics Committee of Arak University of Medical Sciences

**Street address**

The Payambar Azam University Complex, Basij Square, Sardasht

**City**

Arak

**Province**

Markazi

**Postal code**

6341738481

**Approval date**

2025-10-12, 1404/07/20

**Ethics committee reference number**

IR.ARAKMU.REC.1404.192

## Health conditions studied

### 1

**Description of health condition studied**

Intimate partner violence

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**

Women whose Neff Self-Compassion Scale score is less than 68.

**Timepoint**

Before the start of the intervention, immediately after

the end of the intervention, and two months after the end of the intervention

**Method of measurement**

Neff Self-Compassion Scale

**2**

**Description**

Self-Esteem score on the Rosenberg Scale

**Timepoint**

Before the start of the intervention, immediately after the end of the intervention, and two months after the end of the intervention

**Method of measurement**

Rosenberg Self-Esteem Scale

**3**

**Description**

Resilience score in the Connor and Davidson Scale

**Timepoint**

Before the start of the intervention, immediately after the end of the intervention, and two months after the end of the intervention

**Method of measurement**

Connor and Davidson Resilience Scale

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**

Intervention group: It Includes 30 women. Compassion-Focused Therapy based on Paul Gilbert's approach will be held for 8 weekly 90-minute sessions for the intervention group.

**Category**

Behavior

**2**

**Description**

Control group: It includes 30 women. No intervention is provided for them.

**Category**

Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Comprehensive health centers in Qom

**Full name of responsible person**

Tahereh Khavari

**Street address**

Shahid Lavasani Street (Saheli) - Qom University of Medical Sciences and Health Services

**City**

Qom

**Province**

Ghoum

**Postal code**

3713649373

**Phone**

+98 25 3107 1111

**Email**

info@msbqom-iau.ac.ir

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr. Behzad Khansari Nejad

**Street address**

Arak University of Medical Sciences, Prophet Muhammad (PBUH) University Complex, Basij Square ,

**City**

Arak

**Province**

Markazi

**Postal code**

3819693345

**Phone**

+98 86 3313 6055

**Email**

info@arakmu.ac.ir

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Arak 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**

Arak University of Medical Sciences

**Full name of responsible person**

Tahereh Khavari

**Position**

Student

**Latest degree**
Bachelor
**Other areas of specialty/work**
Midwifery
**Street address**
NO. 36, Alley 22, Shaikh hassan mosleh St, Jamkaran
**City**
Qom
**Province**
Ghoum
**Postal code**
3747116934
**Phone**
+98 25 3725 4604
**Fax**
**Email**
tkhavari1376@gmail.com

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Sakineh Taherkhani
**Position**
assistant professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Midwifery
**Street address**
The Payambar Azam University Complex, Basij Square, Sardasht
**City**
Arak
**Province**
Markazi
**Postal code**
6341738481
**Phone**
+98 86 3313 6055
**Fax**
**Email**
sakinehtaherkhani@yahoo.com

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Arak University of Medical Sciences
**Full name of responsible person**
Tahereh Khavari
**Position**
Student
**Latest degree**
Bachelor
**Other areas of specialty/work**
Midwifery
**Street address**
NO. 49, Alley 22, Shaikh hassan mosleh St, Jamkaran
**City**
Qom
**Province**
Ghoum
**Postal code**
3747116934
**Phone**
+98 25 3725 4604
**Fax**
**Email**
tkhavari1376@gmail.com

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
No - There is not a plan to make this available
**Justification/reason for indecision/not sharing IPD**
Data will be shared upon request by the reviewer.
**Study Protocol**
No - There is not a plan to make this available
**Statistical Analysis Plan**
No - There is not a plan to make this available
**Informed Consent Form**
No - There is not a plan to make this available
**Clinical Study Report**
No - There is not a plan to make this available
**Analytic Code**
No - There is not a plan to make this available
**Data Dictionary**
No - There is not a plan to make this available