

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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)

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Email address

tkhavari1376@gmail.com

Recruitment status

recruiting

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, dexamethylphenidate, 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

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

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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

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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

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

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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