

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effectiveness of trauma-focused cognitive behavioral therapy on feelings of guilt, emotional self-regulation, and attachment style of women victims of domestic violence

#### Protocol summary

Guilt; Emotional self-regulation; Attachment style

##### Study aim

The aim of this study is to investigate the effectiveness of trauma-based cognitive behavioral therapy on guilt, emotional self-regulation, and attachment style in women victims of domestic violence trauma in the Ahvaz city welfare center.

##### Design

The study design includes an experimental group consisting of 15 women who are victims of domestic violence at the Ahvaz Welfare Center and a control group consisting of 15 women who are victims of domestic violence at the Ahvaz Welfare Center. A clinical trial with experimental and control groups will be conducted using a simple randomization method in a sample size of 92 people, 30 of whom will meet the inclusion criteria through a questionnaire.

##### Settings and conduct

Study location: Welfare Center in Ahvaz city; Study population: women victims of domestic violence; Type of blinding: Blinding is not performed in this study.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Being female; victims of domestic violence; residing in the Ahvaz city welfare center. Exclusion criterion: unwillingness to participate in the research study.

##### Intervention groups

Intervention group: 15 women victims of domestic violence in the Ahvaz city welfare center, where the intervention will be implemented based on the trauma-focused cognitive behavioral therapy charter in this group and will be post-tested after the end of the intervention. Control group: 15 women victims of domestic violence in the Ahvaz city welfare center, where the intervention will be post-tested without the implementation of the trauma-focused cognitive behavioral therapy charter.

##### Main outcome variables

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20250616066202N2**

Registration date: **2025-09-07, 1404/06/16**

Registration timing: **prospective**

Last update: **2025-09-07, 1404/06/16**

Update count: **0**

##### Registration date

2025-09-07, 1404/06/16

##### Registrant information

##### Name

Reza davasaz irani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3333 6919

##### Email address

reza.davasazirani@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2025-09-20, 1404/06/29

##### Expected recruitment end date

2025-10-21, 1404/07/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The effectiveness of trauma-focused cognitive behavioral therapy on feelings of guilt, emotional self-regulation, and attachment style of women victims of domestic violence

**Public title**

The effectiveness of trauma-focused cognitive behavioral therapy on domestic violence

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Women victims of domestic violence in the Ahvaz city welfare center Completing the informed consent form

**Exclusion criteria:**

Dissatisfaction with participating in a research study

**Age**

From **18 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **92**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Code Assignment: Each of the 30 participants will be assigned a unique identification code (from 1 to 30). Random Sequence Generation: Using the website [www.random.org](http://www.random.org) (which is a reputable random number generator service), a random list of numbers from 1 to 30 will be generated. Group Assignment: The first 15 numbers from this random list will be considered the "experimental" group and the next 15 numbers will be considered the "control" group. Implementation: The names of the participants corresponding to the codes selected for each group will be identified and assigned to the corresponding group.

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Ethics Committee of Islamic Azad University of Ahvaz Branch

**Street address**

Islamic Azad University, Ahvaz Branch- Farhang Shahr-Golestan highway

**City**

ahvaz

**Province**

Khuzestan

**Postal code**

۶۱۳۴۹-۳۷۳۳۳

**Approval date**

2025-05-15, 1404/02/25

**Ethics committee reference number**

IR.IAU.AHVAZ.REC.1404.077

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

Women victims of domestic violence exposed to trauma

**ICD-10 code**

F43.1

**ICD-10 code description**

Post-traumatic stress disorder (PTSD)

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

Feelings of guilt

**Timepoint**

Measurement of guilt at the beginning of the study (before the intervention, week one) and immediately after the end of the last intervention session (week eight)

**Method of measurement**

Kugler and Jones Guilt Questionnaire

**2****Description**

Emotional self-regulation

**Timepoint**

Measurement of emotional self-regulation at the beginning of the study (before the intervention, week one) and immediately after the end of the last intervention session (week eight)

**Method of measurement**

Emotional Self-Regulation Questionnaire (Emotional Styles)

**3****Description**

Attachment style

**Timepoint**

Attachment style measurement at the beginning of the

study (before the start of the intervention, the first week) and immediately after the end of the last intervention session (the eighth week).

#### Method of measurement

Adult Attachment Style Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: The therapeutic intervention will be implemented in the experimental group and then a post-test will be administered. The intervention will be implemented in the form of trauma-based cognitive behavioral therapy in eight sessions. One 90-minute session will be held each week and the course will last two months. The first session: Introduction and interview with the subjects. The second session: Psychological preparation regarding trauma and recognition of different types of emotions. Session Three: Emotional skills, including emotional adjustment skills, including identifying and rating emotions and emotional self-regulation training. Session Four: Relaxation skills training, progressive muscle relaxation and deep breathing, relaxation skills. Session Five: Trauma narration and post-traumatic experience processing, trauma sharing. Sixth session: Examining guilt and attachment styles, identifying attachment styles and emotional and behavioral barriers. Emotional barriers. Seventh session: Prevention and training in coping strategies. Eighth session: Conclusion, summary and explanation for preventing relapse.

#### Category

Treatment - Other

### 2

#### Description

No intervention is performed in the control group.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Welfare centers in Ahvaz city

##### Full name of responsible person

Mohsen Hosseinpour

##### Street address

Phase1, West Esfand Gharbi Street, Kianpars Street

##### City

Ahvaz

##### Province

Khuzestan

#### Postal code

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#### Phone

+98 61 3376 8226

#### Email

info@behzisty-khz.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Islamic Azad University

##### Full name of responsible person

Shahram Lak

##### Street address

Islamic Azad University, Ahvaz Branch, Farhangshahr, Golestan highway, Ahvaz

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+98 61 3334 8421

##### Email

info@iauahvaz.ac.ir

#### Grant name

#### Grant code / Reference number

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

No

#### Title of funding source

Islamic Ahvaz University, Ahvaz Branch

#### Proportion provided by this source

100

#### Public or private sector

Private

#### 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

Reza Davasaz Irani

##### Position

Guest Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Psychology

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Position**

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**Latest degree**

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**Email**

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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**

There is no further information.

**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