Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

Protocol summary

Study aim
Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

Design
This research design uses a control group, with parallel groups, selected through a purposive non-random method, and then, through simple random drawing, 45 people are selected and placed into two experimental groups and one control group. Blinding was not performed.

Settings and conduct
In this semi-experimental study, a pre-test and post-test design with a follow-up phase will be used. The statistical population includes all female students who are victims of domestic violence in the second year of secondary school in Ahvaz, who are selected through a purposive random method through a questionnaire on violence against women. Then, 45 people are divided into two experimental groups and a control group by simple random method, and both intervention methods will be implemented in the Mehregan Clinic.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age range 15-18 years, having a history of physical, psychological, or emotional violence by parents or caregivers, exclusion criteria: current diagnosis of psychosis, bipolar disorder, or severe neurodevelopmental disorders, taking medications such as antidepressants or tranquilizers

Intervention groups
Group 1: Narrative exposure therapy helps people make sense of their own experiences and actions. Group 2: Integrated transdiagnostic therapy. This approach changes emotional self-regulation habits and reduces the frequency and intensity of maladaptive emotional habits, thereby reducing the amount of harm. Group 3: The control group receives no intervention.

Main outcome variables
Self-esteem, emotional alexithymia, self-injurious behaviors, and cognitive fusion

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260122068635N1**
Registration date: **2026-02-16, 1404/11/27**
Registration timing: **registered_while_recruiting**

Last update: **2026-02-16, 1404/11/27**
Update count: **0**

Registration date
2026-02-16, 1404/11/27

Registrant information

Name
Mitra Shamsi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 3337 7721

Email address
mitra.shamsi@iau.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date

2026-02-09, 1404/11/20

Expected recruitment end date

2026-05-10, 1405/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

Public title

Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age range 15 to 18 years Having a history of physical violence from parents and caregivers Having a history of mental or emotional problems from parents or caregivers

Exclusion criteria:

Current diagnosis of psychosis, bipolar disorder, or severe neurodevelopmental disorders Taking medications such as antidepressants or tranquilizers

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

Students who are eligible and have the opportunity to cooperate will be selected based on a purposeful non-random method, and among them, 45 students will be selected by simple random method (drawing) and the randomization unit will be the same person, and then they will be divided into three groups (two experimental groups and one control 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

Farhang Shahr , Islamic Azad University, Ahvaz, Golestan HighwayBranch,

City

ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-01-14, 1404/10/24

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.603

Health conditions studied

1

Description of health condition studied

Domestic violence

ICD-10 code

R45.6

ICD-10 code description

Physical violence

Primary outcomes

1

Description

Domestic violence

Timepoint

Before intervention, after intervention, two months after intervention

Method of measurement

The score that the subject will obtain from the Haj-Yahya (2001) Domestic Violence Questionnaire.

2

Description

Self-esteem

Timepoint

Before intervention, after intervention, two months after intervention

Method of measurement

The score that the subject will obtain from the Rosenberg Self-Esteem Questionnaire (1965).

3

Description
Emotional alexithymia
Timepoint
Before intervention, after intervention, two months after intervention
Method of measurement
It is the score that the subject will obtain from the Bigby et al. (1994) Emotional Alexithymia Questionnaire.

4

Description
Self-harming behaviors
Timepoint
Before intervention, after intervention, two months after intervention
Method of measurement
The score that the subject will obtain from the Sanson et al. (1998) Self-Injurious Behaviors Questionnaire.

5

Description
Cognitive fusion
Timepoint
Before intervention, after intervention, two months after intervention
Method of measurement
The score that the subject will obtain from the cognitive fusion questionnaire of Gillanders et al. (2014).

Secondary outcomes

empty

Intervention groups

1

Description
First intervention group: Narrative exposure therapy, first session: introduction, explanation of the intervention and expectations from the group, introduction of skills, statement of goal, comprehensive assessment, establishment of good relationship, familiarization with narrative therapy, case study, life narrative and description of problematic stories. Second session: objectification and externalization of the problem, naming the problem, identifying problematic words and beginning metaphor-making. Third session: continuation of metaphor-making, examination of problematic metaphors and their relationship with the life narrative and taking a position on the problem, beginning deconstruction. Fourth session: Destruction phase: Destruction of the problem by life exceptions, narrative analysis, attitude towards the problem and the mutual effects of the individual and the problem. Fifth session: Reconstruction: new metaphors, mental representations of life situations with a new metaphor, creation of reality by the individual and beginning narrative-making. Sixth session: Enrichment of the new story using unique strategies, examination of the story and its meaning for the future. Seventh session: Consolidation phase: Living in the new story, answering questions and rewriting. Stories from the past, Session 8: Examining the meaning of life, external documentation, enriching and encouraging the individual to continue the story, conducting a post-test.
Category
Behavior

2

Description
Second intervention group: Session 1: Increasing motivation and engagement with treatment Session 2: Psychological training and tracking of emotional experiences Session 3: Emotional awareness training Session 4: Cognitive reappraisal Session 5: Emotional avoidance and emotion-induced behaviors Session 6: Awareness and tolerance of physical feelings Session 7: Situation-based visceral and emotional confrontation Session 8: Relapse prevention
Category
Behavior

3

Description
Control group: No intervention will be made.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Mehregan Counseling Center
Full name of responsible person
mitra shamsi
Street address
National Drilling Town, No. 18, Fatah 1 Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person

Dr. Pejman Taghipour Birgani

Street address

Farhang Shahr, Islamic Azad University of Ahvaz,Golestan Highway

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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

Islamic Azad University

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

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

mitra shamsi

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

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Assistant Professor

Latest degree

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Other areas of specialty/work

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Position

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Latest degree

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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

The data information is confidential and I do not intend to publish it.

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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable