Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of Emotion Focused Therapy on decreasing clinical symptoms in Sexual Victims of Affective Relationships

Protocol summary

Summary

The aim of this study is to study the effectiveness of emotion-focused therapy on decreasing clinical symptoms in sexual female victims of affective relationships. Sexual victims in affective relationships are girls who have had complete sexual relationship have been proposed by boys threatening girls to end affective relationship unless accept it. Therefore girls have accepted this sexual relationship to maintain the affective relationship. However boys end the relationship after sexual relationship. In fact, after ending the relationship, these girls suffered from being victims and have shown Post-traumatic Stress Disorder symptoms. Present study is an experimental single case method and a multiple baseline design. Sample includes three cases girls and they are selected based on purposive sampling method. This treatment is done based on Greenberg's et al manual of emotion focused therapy. The main aim of this treatment is to help people to clarify their feelings and needs, because people gain more acceptances for what is emotionally important for them in this way. So this research contains a baseline evaluation session, a treatment phase, and a 3-month follow up phase. The treatment contains 12 therapeutic sessions per a week (each session 45 minutes) based on this manual. In this study, Mississippi Post-Traumatic Stress Disorder Scale, Rosenberg Self-esteem, Beck Anxiety Inventory (BDI), Beck Anxiety Inventory (BAI), and Ruminative Response Scale (RRS) are used. And clinical significance and recovery percentage index are used for data analysis. When people's scores decrease to less than cut off score, the results are clinically significant. Recovery percentage formula is a way to evaluate client's progress in decreasing the problems and more than 50% recovery in results, is considered clinically significant.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201309299789N2**
Registration date: **2013-10-03, 1392/07/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-10-03, 1392/07/11

Registrant information

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Lamard Payam Noor University
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Recruitment status

Recruitment complete

Funding source

Research Assistance of University of Tabriz

Expected recruitment start date

2010-09-23, 1389/07/01

Expected recruitment end date

2010-12-22, 1389/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Emotion Focused Therapy on decreasing clinical symptoms in Sexual Victims of Affective

Relationships

Public title
Effectiveness of Emotion Focused Therapy on decreasing clinical symptoms in Sexual Victims of Affective Relationships
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: high score in General Health Questionnaire-28, having 2 signs of Posttraumatic Stress Disorder (re-experience- avoidance- hyper arousal), having sexual relationship in emotional breakdown experience
Age
From **19 years** old to **28 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size:
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of University of Tabriz
Street address
Department of psychology, Faculty of psychology and educational sciences, University of Tabriz, 29th Bahman Blvd.
City
Tabriz
Postal code
5166614776
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
17/12244/د

Health conditions studied

1

Description of health condition studied
Sexual Victims of Affective Relationships
ICD-10 code
T74.2, Z72
ICD-10 code description
Arises as a delayed or protracted response to a stressful event or situation (of either brief or long duration) of an exceptionally threatening or catastrophic nature, which is likely to cause pervasive distress in almost anyone. Predisposing factors, suc

Primary outcomes

1

Description
Post-Traumatic Stress
Timepoint
before treatment, during treatment, and three months after intervention
Method of measurement
Mississippi Post-Traumatic Stress Disorder Scale

2

Description
self esteem
Timepoint
before treatment, during treatment, and three months after intervention
Method of measurement
Rosenberg self esteem questionnaire

3

Description
depression
Timepoint
before treatment, during treatment, and three months after intervention
Method of measurement
Beck depression inventory (BDI)

4

Description
anxiety
Timepoint
before treatment, during treatment, and three months after intervention
Method of measurement
Beck Anxiety Inventory (BAI)

5

Description
rumination
Timepoint
before treatment, during treatment, and three months

after intervention

Method of measurement

Ruminative Response Scale (RRS)

Secondary outcomes

empty

Intervention groups

1

Description

Emotion focused therapy contains 12 sessions (each session 45 minutes) and is done once a week. Each session has a specific program. Therapists are 3 well-experienced and educated psychologists. Emotion focused therapy can be done according to three strategies related to changes: 1 - Accessing and correcting non-adaptive emotional meanings related to fear, anxiety , shame experiences, 2 – access to adaptive emotions which are already inhibited such as anger and sorrow, so that information be integrated to current semantic systems and 3 - providing a corrective personal experience with the therapist. In the case of trauma, Emotion-focused therapy is a semi-structured treatment which is based on experimental model to resolve interpersonal complaints. This treatment stresses to overcome over controlling emotions explicitly, so that clients can engage in emotional expression and resolving issues.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Tabriz

Full name of responsible person

Hamid Poursharifi (Ph.D)

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City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Assistance of Faculty of Psychology and Educational Sciences, University of Tabriz

Full name of responsible person

Yaghoub Badri Azarin (Ph.D)

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City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Assistance of Faculty of Psychology and Educational Sciences, University of Tabriz

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Lamard Payam Noor University

Full name of responsible person

Ebrahim Akbari

Position

M.Sc. in clinical psychology/ lecturer at Lamard Payam Noor University

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty