

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Efficacy of Narrative Exposure Therapy (NET) in a Sample of Iranian Women Exposed to Intimate Partner Violence (IPV) -A randomized trial-

Protocol summary

Summary

The proposed study seeks to investigate to what extent Narrative Exposure Therapy (NET) is an effective treatment for the reduction of symptoms of Post-Traumatic Stress Disorder (PTSD) and depression and for the improvement of daily functioning in Iranian women who have experienced Intimate Partner Violence (IPV). In addition, the study seeks to investigate whether NET therapy could lead to the reduction of IPV within their marriage. The study design consists of two groups, one receiving "Narrative Exposure Therapy", and the other one being treated with the treatment-as-usual. Treatment-as-usual can be defined as the commonly used therapy type for abused women in Iran, such as medical therapy and/or supportive psychotherapy. The researcher will meet the participants referred to the target clinic by other research colleagues, clinical therapists and psychiatrists, and will invite them to participate in the study and to sign the informed consent form. The researcher will then ask the participants to complete the questionnaires and to participate in diagnostic interviews in a 2-3-hour session. Upon obtaining a minimum score of 15 in the PSSI-structured interview, these women are randomly allocated to either the treatment-as-usual group or the NET group. The participants will be invited to complete the necessary questionnaires and take part in interviews in 3- and 6-month follow-ups. The total number of two treatment groups is 40, and it is estimated that it will take 2 years to complete the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013050313211N1**

Registration date: **2013-05-29, 1392/03/08**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-05-29, 1392/03/08

Registrant information

Name

Maryam Rasoulia

Name of organization / entity

Mental Health Research Network

Country

Iran (Islamic Republic of)

Phone

+98 21 6650 9024

Email address

rasoulia-m@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mental Health Research Network (Tehran Psychiatric Institute) Tahere Orang (the researcher)

Expected recruitment start date

2013-05-31, 1392/03/10

Expected recruitment end date

2015-06-20, 1394/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Narrative Exposure Therapy (NET) in a Sample of Iranian Women Exposed to Intimate Partner Violence (IPV) -A randomized trial-

Public title

The treatment of mental disorders in women exposed to domestic violence

Purpose

Treatment

Inclusion/Exclusion criteria

Within this treatment study women being victims of Intimate Partner Violence and seeking help at target clinics in order to reduce their psychological symptoms, should be invited to take part in the proposed study. Only women currently living together with their partner/husband and aged between 16 and 60 years will be included. Also, the women taking part in the study should meet the set cut-off point on the PTSD scale according to DSM-IV. Women, suffering from schizophrenia, epilepsy, mental retardation, drug abuse and mal-nourishment will be excluded.

Age

From **16 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

ClinicalTrials

Secondary trial Id

TO-10122012-UK

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mental Health Research Network, Tehran Psychiatric Institute

Street address

Sattar khan ST, Niyayesh ST, Mansouri alley, Tehran Psychiatric Institute

City

Tehran

Postal code

Approval date

2013-03-12, 1391/12/22

Ethics committee reference number

20633

Health conditions studied

1

Description of health condition studied

Post-Traumatic Stress Disorder

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Post-Traumatic Stress Disorder

Timepoint

Pre- and Post Treatment, 3 and 6 follow-ups

Method of measurement

The interview format of Posttraumatic Diagnostic Scale (PSS-I)

2

Description

Depression

Timepoint

Pre- and Post Treatment, 3 and 6 follow-ups

Method of measurement

The Patient Health Questionnaire (PHQ-9)

3

Description

Depression and Anxiety

Timepoint

Pre- and Post Treatment, 3 and 6 follow-ups

Method of measurement

The Hopkins Symptom Checklist 25

4

Description

the perception of stress

Timepoint

Pre- and Post Treatment, 3- and 6-month follow-ups

Method of measurement

Perceived Stress Scale-10

Secondary outcomes

1

Description

Intimate Partner Violence

Timepoint

Pre- and post treatment, 3- and 6-month follow-ups

Method of measurement

Composite Abuse Scale (CAS)

2

Description

The Work and Social Adjustment

Timepoint

Pre- and post treatment, 3- and 6-month follow-ups

Method of measurement

The Work and Social Adjustment Scale

3

Description

Borderline Symptoms

Timepoint

Pre- and post treatment, 3- and 6-month follow-ups

Method of measurement

Borderline Symptom List (BSL-23)

4

Description

The Life Events Checklist

Timepoint

Pre- and post treatment, 3- and 6-month follow-ups

Method of measurement

The Life Events Checklist

5

Description

Domestic violence in client's family

Timepoint

Pre-treatment

Method of measurement

Modified Adverse Childhood Experiences (short MACE-I)

Intervention groups

1

Description

Narrative Exposure Therapy (NET). NET is a treatment approach that was developed for the treatment of PTSD resulting from organized violence. NET was developed by a research group of the University of Konstanz (Schauer, Neuner, & Elbert, 2005, 2011) as a standardized short-term approach based on the principles of cognitive behavioral exposure therapy and testimony therapy by adapting it to meet the needs of traumatized survivors of war and torture. In NET, the patient repeatedly talks about the most arousing traumatic events in detail while re-experiencing the emotions associated with this event.

In the process, the patient constructs a narration of his life, focusing on the detailed report of the traumatic experiences. The majority of people habituates and loses the emotional response to the traumatic memory, which consequently leads to a remission of PTSD symptoms. Also, by using NET we are able to carefully step forward through the complete biography of our patients' lives in chronological order. In telling the story, the patient is exposed to the sensory information that accompanies the memory and to the image of the events themselves. The patient actually triggers his or her own fear network in the telling by narrating the fragments throughout the course of therapy and he or she is able to reweave the events back into a cool-system framework controlling the triggers present with the hot memories. As a result, the accompanying anxiety, which evolved from the strangeness of dissociative fragments, is defused. All somatosensory percepts (physical sensations), cognitions (thoughts), and emotions relevant to the fear network and involved in the traumatic sequences of memory will be comprehensively uncovered in detail as the narrative unfolds. The course of events is established (in time and place), labeled and transferred into speech until a meaningful and consistent narrative is reached. All traumatic events are revisited until their horrifying impact dissolves. In other words, NET focuses on both the habituation of emotional responses to the memories of the traumatic events and on the construction of a detailed narrative of the events and their consequences. A general guideline for the organization of sessions can be outlined as follows; Session 1: Diagnosis and psycho-education. Session 2: lifeline exercise beginning with the birth and ending with the future in order to define and locate traumatic and non-traumatic events. Session 3: Exposure to most pressing traumatic event. Subsequent sessions: (Re) reading of the narrative collected in previous sessions and continuing the narration/exposure of subsequent traumatic life events. Final session: Rereading and handing-over of the complete narration. The women in the NET group will go to the clinic once a week, and will have total of 6-8 these sessions. In addition, in accordance with the NET manual, at the end of each session, a written account of what is told throughout the session is composed by the therapist, which will be read to the client at the beginning of the next session for her approval of the content of the account. Upon completion of the treatment, a brief biography of the client and her traumatic and non-traumatic experiences which she has told will be given to her.

Category

Other

2

Description

Treatment-as-usual. Treatment-as-usual can be defined as the commonly used psychotherapy for abused women in Iran, such as medical therapy and/or supportive psychotherapy. After participants are randomly allocated to the treatment-as-usual group, the researcher will ask the therapists of this group to write a summary report of the treatment procedure after each session and submit it

to the researcher. Thus, the researcher will be supervising the procedures of the treatment-as-usual sessions and will record the treatment procedure.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers in south of Theran

Full name of responsible person

Street address

City

Tehran

2

Recruitment center

Name of recruitment center

Health centers in west of Theran

Full name of responsible person

Street address

City

Tehran

3

Recruitment center

Name of recruitment center

Health centers in city of Rey

Full name of responsible person

Street address

City

Rey

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mental Health Research Network

Full name of responsible person

Dr. Maryam Rasoulia

Street address

Sattar khan ST, Niyayesh ST, Mansouri Alley

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mental Health Research Network

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Tahere Orang

Full name of responsible person

Tahere Orang

Street address

Koohsar ST, Sardar ST, Sardar Alley, Number 5

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tahere Orang

Proportion provided by this source

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

Mental Health Research Network

Full name of responsible person

Tahere Orang

Position

Master

Other areas of specialty/work

Street address

Koohsar ST, Sardar ST, Sardar Alley, Number 5

City

Tehran

Postal code

Phone

+98 21 4430 7915

Fax

Email

minaorang@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mental Health Research Network
Full name of responsible person
Tahere Orang

Position
Master

Other areas of specialty/work
Street address
Koohsar ST, Sardar ST, Sardar Alley, Number 5

City
Tehran

Postal code

Phone
+98 21 4430 7915

Fax

Email
minaorang@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Mental Health Research Network
Full name of responsible person
Tahere Orang

Position
Master

Other areas of specialty/work
Street address
Koohsar ST, Sardar ST, Sardar Alley, Number 5
City
Tehran
Postal code
Phone
+98 21 4430 7915
Fax
Email
minaorang@gmail.com
Web page address

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