

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effectiveness of group therapy based on existential approach on self-awareness, relationship beliefs, life attitude and self-actualization housekeeper educated women

Protocol summary

Summary

The aim of this study was to determine the effectiveness of group therapy based on existential approach on self-awareness, relationship beliefs, life attitude and self-actualization housekeeper educated women. This research is a quasi-experimental study with "pre-test and post-test with control group" design. Statistical population consisted of volunteer housekeeper students married women Azad University Neyshabur who through their volunteer sample of 16 randomly selected based on a random table and were placement random sampling method in two experimental and control groups. Inclusion criteria were having at least an associate degree, Continue studying after at least one year housekeeping, Lack of acute psychological disorders and lack of counseling and psychological outside the therapeutic sessions and Exclusion criteria were lack of desire to continue post-treatment and Lack of accountability post test. The experimental group participated in 10 sessions of 2 hours group counseling based on existential approach and control group received no intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017032429287N2**

Registration date: **2017-04-12, 1396/01/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-12, 1396/01/23

Registrant information

Name

Marziyeh Fazy

Name of organization / entity

Islamic Azad University Neyshabur

Country

Iran (Islamic Republic of)

Phone

+98 51 4334 3009

Email address

fazy1359@gmail.com

Recruitment status

Recruitment complete

Funding source

Islamic Azad University Neyshabur

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-06, 1394/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group therapy based on existential approach on self-awareness, relationship beliefs, life attitude and self-actualization housekeeper educated women

Public title

The effectiveness of group therapy based on existential approach on self-awareness, relationship beliefs, life attitude and self-actualization

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: having at least an associate degree; continue studying after at least one year housekeeping; lack of acute psychological disorders and lack of counseling and psychological outside the therapeutic sessions and complete consent form for study. Exclusion criteria: lack of desire to continue post-treatment and lack of accountability post test

Age

From **22 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Islamic Azad University Neyshabur

Street address

Pajohesh Ave. Neyshabur

City

Neyshabur

Postal code

9319797139

Approval date

2017-01-07, 1395/10/18

Ethics committee reference number

IR.IAU.NEYSHABUR.REC.1395.11

Health conditions studied

1

Description of health condition studied

Self-awareness, relationship beliefs, life attitude and Self-actualization

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-awareness

Timepoint

Pretest, 45 days intervention therapy, post test

Method of measurement

Fenigstein, Sheier and Buss Questionnaire

2

Description

Relationship beliefs

Timepoint

Pretest, 45 days intervention therapy, post test

Method of measurement

Eidelson and Epstine Questionnaire

Secondary outcomes

1

Description

Life attitude

Timepoint

Pretest, 45 days intervention therapy, post test

Method of measurement

Butista Questionnaire

2

Description

Self-actualization

Timepoint

Pretest, 45 days intervention therapy, post test

Method of measurement

Jones and Kendall Questionnaire

Intervention groups

1

Description

Intervention group: first, the pre-test will be done. Intervention group will receive 10 sessions existential group therapy by the researcher. Then, the post-test will be done. Finally, the differences of pre-test and post-test are compared with each other.

Category

Other

2

Description

Control group: this group will not receive any intervention. The differences of pre-test and post-test are measured and are compared with each other.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University Neyshabur
Full name of responsible person
Street address
Pajohesh Ave. Neyshabur
City
Neyshabur

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University Neyshabur
Full name of responsible person
Ahmad Zende Del
Street address
Pajohesh Ave. Neyshabur
City
Neyshabur
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University Neyshabur
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
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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