

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

Protocol summary

Study aim

The Effect of Group-Based Cognitive-Behavioral Therapy on Self-Esteem of Women With Domestic Violence

Design

This study is a controlled clinical trial with parallel groups and pre-test/post-test method. The groups consisted of 40 women aged between 15-45 years old, whose domestic violence score was higher than 54, and self-esteem score lower than 15, who were randomly assigned to the control and experimental groups by drawing straws. The study was double blind and the person evaluating the outcomes and data analyst were other than the person performing the intervention and were not aware of the group allocations.

Settings and conduct

The study place was Gachsaran city health centers. 40 people with self-esteem score <15 were selected randomly by drawing straws and divided into control or experimental groups. The experimental group received 8 sessions of 90-minute cognitive-behavioral therapy. The evaluator of the results and data analyst were other than the person performing the intervention and had no information about the group allocations.

Participants/Inclusion and exclusion criteria

Willingness to participate in the study, being married, having at least one child, Iranian nationality, age 15 to 45, having at least elementary education, earning a score of >54 in domestic violence questionnaire, and <15 in self-esteem questionnaire. Exclusion criteria: People with a positive history of cognitive-behavioral therapy, severe physical or mental illness, unpleasant events during the previous 6 months, and use of antipsychotics.

Intervention groups

Score of >54 in domestic violence questionnaire and <15 in self-esteem questionnaire, and 8 sessions of 90-minute cognitive-behavioral therapy were held weekly for the experimental group, while the control group only received an educational CD containing Cognitive Behavioral Counseling at the end of the sessions.

Main outcome variables

Self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180204038609N1**

Registration date: **2018-06-08, 1397/03/18**

Registration timing: **retrospective**

Last update: **2018-06-08, 1397/03/18**

Update count: **0**

Registration date

2018-06-08, 1397/03/18

Registrant information

Name

Esmat Zarifinejad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3373 8619

Email address

zarifinejad@stu.ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-23, 1396/12/04

Expected recruitment end date

2018-05-03, 1397/02/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

Public title

The effect of group-based cognitive-behavioral therapy on self-esteem of women with domestic violence

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Willingness to participate in the study
Being married
Having at least one child
Being Iranian
Age between 15 - 45 year
Being educated, at least at primary school level
Gaining a score above 54 on the Domestic Violence Questionnaire and below on Self-esteem questionnaire

Exclusion criteria:

Individuals with a history of cognitive behavioral therapy
Having been diagnosed with a severe physical or psychological illness
Experience of horrible incidents and difficult situations during the last 6 months
Use of anti psychotics

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

By simple randomization method, the individual unit is divided into two groups of control and test using the randomized drawing method

Blinding (investigator's opinion)

Double blinded

Blinding description

The evaluator of the results and analyzes of data is a person other than the intervening person and does not have any information on how to group the groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Ahvaz University of Medical Sciences

Street address

Deputy of Research and Technology Development of Jundishapur University of Medical Sciences and Health Services Ahvaz, Adjacent to Central Office, Academic City, Ahvaz

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2018-01-15, 1396/10/25

Ethics committee reference number

IR.AJUMS.REC.1396.881

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

Self-esteem

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Self-Esteem Score in Rosenberg Questionnaire

Timepoint

Measurement of self-esteem score at the beginning of the study (before intervention) and after intervention

Method of measurement

Rosenberg self-esteem questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

The intervention group will receive eight sessions of cognitive-behavioral therapy. The duration of each session is 90 minutes and once a week.

Category

Behavior

2**Description**

Control group: No intervention

Category

Other

Recruitment centers1**Recruitment center****Name of recruitment center**

Health centers in Gachsaran city

Full name of responsible person

Pourandokht Afshary

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Web page address<http://vchresearch.ajums.ac.ir/HomePage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>**Sponsors / Funding sources**1**Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Pourandokht Afshary

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Web page address<http://vchresearch.ajums.ac.ir/HomePage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>**Grant name**

-

Grant code / Reference number

-

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

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

1

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**

Ahvaz University of Medical Sciences

Full name of responsible person

Pourandokht Afshary

Position

the coach

Latest degree

Master

Other areas of specialty/work

Midwifery

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Web page address<http://vchresearch.ajums.ac.ir/HomePage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Pourandokht Afshary

Position

the coach

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Esmat zarifi nejad

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

Undecided - It is not yet known if there will be 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

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

Analytic Code

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

Data Dictionary

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