Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
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Iran (Islamic Republic of)
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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 centers

1

Recruitment center
Name of recruitment center
Health centers in Gachsaran city
Full name of responsible person
Pourandokht Afshary
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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
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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
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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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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Masters student

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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