Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of Forgiveness Based Mindfulness Therapy and Emotionally Focused Therapyon Depression and Resiliencyof Women who Damaged by Husbands' Treachery (Betrayal or Infidelity).

Protocol summary

Study aim

The objective of this research was to determine the effect of forgiveness based mindfulness therapy and emotion directed therapy on depression and resiliency among women who damaged by husbands' treason.

Design

Semi-experimental (experimental) method and three-group research design, including a group of Forgiveness Based Mindfulness , an emotion focused therapy group and a control or control group with two stages of pre-test and post-test. A statistical population of 100 women affected by husbands' treason in Isfahan city who referred to counseling and treatment centers in Isfahan city in 1397. Of these, 45 people are selected through targeted sampling

Settings and conduct

women injured in a husbands' treason in Isfahan who referred to counseling and welfare centers in the city.

Participants/Inclusion and exclusion criteria

Conscious Consciousness for research participation, age range of 20 to 60 years, passing at least 3 years of joint life, and the lack of parallel treatment of psychology or psychiatry; withdrawal criteria including reluctance to continue treatment or absence of three sessions or more, treatment through Psychiatric therapies or parallel psychological treatment were selected for divorce.

Intervention groups

The group of Forgiveness Based Mindfulness Therapy was grouped in 11 sessions of 90 minutes and the emotion focused therapy group was treated as a weekly session for 9 sessions of 90 minutes. The control group does not receive any treatment during this period.

Main outcome variables

Reduce negative responses to your own problem and others , The group can help women recover their mental health first and allow them to make healthy and effective decisions and behavior in dealing with husband's treason

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General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180625040235N1**
Registration date: **2018-08-21, 1397/05/30**
Registration timing: **retrospective**

Last update: **2018-08-21, 1397/05/30**
Update count: **0**

Registration date

2018-08-21, 1397/05/30

Registrant information

Name

parisa aghagedi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-19, 1397/01/30

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

2018-04-19, 1397/01/30

Actual recruitment end date

2018-06-20, 1397/03/30

Trial completion date
empty

Scientific title
The Effectiveness of Forgiveness Based Mindfulness Therapy and Emotionally Focused Therapyon Depression and Resiliencyof Women who Damaged by Husbands' Treachery (Betrayal or Infidelity).

Public title
Women who Damaged by Husbands' Treachery

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Conscious Consent to Participation in Research Age Range 20 to 60 Years Pass a Minimum of 3 years of Common Life No Parallel Treatment of Psychology or Psychiatry

Exclusion criteria:
Women Who Have Left Their Lives and are Divorcd

Age
From **20 years** old to **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **45**
Actual sample size reached: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
Selection by Random Sampling

Blinding (investigator's opinion)
Single blinded

Blinding description
The experimental group, the Group of Mindfulness Forgiveness Consciousness Treatment, was grouped in 11 sessions of 90 minutes and the Emotion-Therapy Group was treated as a weekly session for 9 sessions of 90 minutes.The control group will not receive any treatment during this period.In the present study, the results of research implementation with identifiable code are available only to the researcher for the data analyzer and the safety committee and data monitoring.Therefore, these individuals will not be aware of what information is collected about which group and variables.Participants will also not get any information about which variables are being used and how they are clearly and precisely determined by which type of treatment they use from the two treatments.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee in Biomedical Researches of Isfahan Azad University (Khorasgan)

Street address
university Blvd- Arghavaniyeh- East Jey- Esfahan

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esfahan

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Isfehan

Postal code
81551-29998

Approval date
2018-04-16, 1397/01/27

Ethics committee reference number
IR.IAU.KHUISF.REC. 1397.015

Health conditions studied

1

Description of health condition studied
Women who Damaged by Husbands' Treason

ICD-10 code
Z55-Z65

ICD-10 code description
Persons with potential health hazards related to socioeconomic and psychosocial circumstances

2

Description of health condition studied
Depression

ICD-10 code
Z55-Z65

ICD-10 code description
Persons with potential health hazards related to socioeconomic and psychosocial circumstances

3

Description of health condition studied
Resiliancy

ICD-10 code
Z55-Z65

ICD-10 code description
Persons with potential health hazards related to socioeconomic and psychosocial circumstances

Primary outcomes

1

Description

Depression - Depression Score in Beck Questionnaire

Timepoint

Measurement of pre-test depression (pre-test) and post-test (post-test)

Method of measurement

Beck Depression Inventory 21 questions

2

Description

Resilience - The range of test scores between 0 and 100 and the higher scores represent the greater resilience of the accountable person.

Timepoint

Measurement before intervention (pre-test) and post-intervention (post-test)

Method of measurement

Conner and Davidson's Contemplation Questionnaire, which contains 25 sentences.

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: The Mindfulness Forgiveness Consciousness Treatment Group of 15 patients randomly assigned to this group are treated for 11 months at 90 minutes for two months.

Category

Behavior

2

Description

Second intervention group: The group of emotion directed therapy, which was randomly assigned to 15 individuals randomly assigned to this group, was treated for 9 months in 90 minutes for two months.

Category

Behavior

3

Description

Control group: This group of 15 randomly selected individuals in this group will receive no treatment for two months. At the same time, the control group, which has been bothering to participate in the research, at the end of the study period is freely and intensively subject to one of the treatments of Mindfulness Forgiveness Consciousness Treatment or emotion directed therapy therapy.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

General Directorate

Full name of responsible person

Mohamad Zadeh

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Seyed Ahmadiyan Ave, Pol Boland Station, Ahmad Abad St, Esfahan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University-Esfahan (khorasgan) Branch

Full name of responsible person

Mohsen Golparvar

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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

Islamic Azad University-Esfahan (khorasgan) Branch

Proportion provided by this source

100

Public or private sector

Private

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
Islamic Azad University

Full name of responsible person
Parisa Aghagedi

Position
PhD Student of Psychology

Latest degree
Master

Other areas of specialty/work
Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
ethical commitment to participants

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is 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
Yes - There is a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
Not applicable

Title and more details about the data/document
Only the statistical analysis results can be shared in the form of an approved scientific article.

When the data will become available and for how long
The beginning of the access period is in late 1397.

To whom data/document is available
According to the subject, the data will only be available to other academic researchers in case of necessity for meta-analysis studies.

Under which criteria data/document could be used
Only in the form of scientific paper approved by the professors of the field studied

From where data/document is obtainable
drmgolparvar@gmail.com parisa_aghagedi@yahoo.com

What processes are involved for a request to access data/document
Apply to Mohsen Golparvar and Parisa Aghagedi

Comments