Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of self-awareness and empathy skills training on divorced women's self-esteem

Protocol summary

Study aim
The effect of self-awareness and skill training on self-esteem of divorced women
Design
The clinical trial included 60 divorced women referring to working units that were randomly divided into two groups of 30 intervention and control groups. The intervention group of the training workshop was self-awareness and empathy skills and no intervention was performed for the control group.
Settings and conduct
In the clinics of the Welfare Organization of Shahr-e-Moghaddam, randomly allocated to two clinics one for the intervention group and one for the control group, and then referred to the clinic for the conduct of the intervention by referring to the clinic.
Participants/Inclusion and exclusion criteria
Native-age 15 to 49 years-fluent in Farsi-reading and writing literacy-non-chronic diseases and drug and psychotropic drugs. Have a tendency to participate in the study and have at least 6 months and a maximum of 2 years of divorce.
Intervention groups
Self-awareness and empathy skills training for the intervention group for its effect on self-esteem was performed. This was a 4 weekly sessions for 90 minutes. Educational pamphlets were provided for the control group. After one month, Cooper Smith self-esteem questionnaire completed
Main outcome variables
Self-esteem

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180816040813N1**
Registration date: **2018-11-04, 1397/08/13**
Registration timing: **prospective**

Last update: **2018-11-04, 1397/08/13**
Update count: **0**
Registration date
2018-11-04, 1397/08/13

Registrant information
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-03-06, 1397/12/15
Expected recruitment end date
2019-05-05, 1398/02/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of self-awareness and empathy skills training on divorced women's self-esteem

Public title
The effect of self-awareness and empathy skills training on divorced women's self-esteem
Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being native 15 to 49 years old Have literacy to read and write Lack of chronic and debilitating illness No Drug Addiction and Psychotropic Substance Willingness to participate in the study At least 6 months and a maximum of 2 years from the time of divorce Mastering in Persian language

Exclusion criteria:

Lack of fluency in Persian Lack of reading and writing skills Unwillingness to participate in the study It is not in the age range of 15 to 45 years Chronic and debilitating diseases Drug addiction and drug trafficking Not indigenous Divorce is not required for a minimum of 6 months and a maximum of 2 years

Age

From **15 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The statistical population includes all divorced women aged 15 to 49 years old referring to the family welfare organization of the welfare organization of Mashhad. The two centers will be randomly selected from the seventeen centers of the Welfare Department, and then randomly, two centers will be selected as an intervention group and the other will be selected from the list of women referring to 60 individuals Which will be based on randomly available entry criteria (so that they will be selected from the list of absolute women provided by the Welfare Office unit using the random numbers of women who qualify for inclusion in the study) Then there is a questionnaire on Cooper's Self-Esteem which includes 35 questions Of both groups will be complete

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Mashhad University of Medical Sciences

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Dr. Khezasmabad Blvd Dr. Hassabi 36/1 Block 23 Units 5

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Approval date

2018-06-30, 1397/04/09

Ethics committee reference number

IR.MUMS.REC.1397.085

Health conditions studied

1

Description of health condition studied

The effect of self-awareness and empathy skills training on divorced women's self-esteem

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-esteem

Timepoint

1 day before beginning training self-awareness and empathy skills and 1 month after the end of the intervention

Method of measurement

Satisfaction questionnaire of Coopersmith Self-esteem

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group consists of 30 divorced women. One day before the start of the workshop, Cooper Smith's self-esteem questionnaire is completed. The four-sessions of life skills empowerment workshop for 4 sessions and for 4 weeks (each 90-minute session) including two skills training Self-awareness and empathy skills. At the first and second session focus on self-awareness skills and the third and fourth sessions will focus on empathy skills. The workshop and the content of the training will be conducted by the researcher. The researcher has already completed the Life Skills Empowerment Workshop. At the beginning of the first and third sessions, the researcher will have lectures for half an hour about self-awareness and empathy skills,

and then group discussion and sentiment will be conducted. In this section, members of the group will present their opinions on their existential knowledge of self-awareness and empathy skills, and then, during the second and fourth sessions, discuss the problems and issues surrounding the skills in individual and social life by the members of the meeting. And will use effective suggestions to resolve the issue and will summarize the applied results of the skill required. One month after completing the workshops, Cooper Smith Self-Esteem Questionnaire will be completed again for this group.

Category

Other

2

Description

Control group: In the control group, which is 30 divorced women, no intervention will take place. Coopersmith self-esteem questionnaire will be completed for 1 day before and 1 month after the intervention for the intervention group and the results will be completed. Will be compared with the results of the intervention group. In order to observe ethical considerations, educational pamphlets will be given to the control group from the topics discussed in the workshop of self-awareness and empathy.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Co-worker

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Mashhad University of Medical Sciences

Proportion provided by this source

100

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

Mashhad University of Medical Sciences

Full name of responsible person

Masoud Zare

Position

Professor

Latest degree

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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
No - There is not 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