

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

The effect of self-compassion training on mental well-being and life satisfaction in women with experience of divorce

Protocol summary

Study aim

The effect of self-compassion training on mental well-being and life satisfaction in women with experience of divorce

Design

This study is a non-blinded clinical trial. The research population includes all divorced women registered in the CIB system of the Ilam health center and marital and divorce offices in Ilam, 2017. Seventy eligible patients will be selected conveniently and will randomly be assigned to two intervention and control groups.

Settings and conduct

This study will be conducted at the marriage and divorce offices of the Ilam city. Before the start of the study, the participants will be provided with the questionnaires by the researcher's colleague. The intervention group will receive self-compassion training.

Participants/Inclusion and exclusion criteria

Inclusion criteria: ; Experience of divorce just once
Exclusion criteria: using psychotropic drugs; Not having at least reading literacy (illiteracy)

Intervention groups

The intervention group will receive eight 90-minute group education sessions of compassion training (one session in a week). The control group will not receive any intervention.

Main outcome variables

Psychological well-being, life satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N106**

Registration date: **2018-11-20, 1397/08/29**

Registration timing: **registered_while_recruiting**

Last update: **2018-11-20, 1397/08/29**

Update count: **0**

Registration date

2018-11-20, 1397/08/29

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-16, 1397/08/25

Expected recruitment end date

2019-02-14, 1397/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-compassion training on mental well-being and life satisfaction in women with experience of divorce

Public title

The effect of self-compassion training on mental well-being and life satisfaction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

The occurrence of divorce during the past six to eighteen months
Experience of divorce just once
Average level or lower of life satisfaction (Score less than 25 of life satisfaction questionnaire)
Medium and low emotional well-being (score of emotional well-being structure from subjective well-being questionnaire be less than 37)

Exclusion criteria:

using of psychotropic drugs
Not having at least reading literacy (illiteracy)

Age

No age limit

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 70

Randomization (investigator's opinion)

Randomized

Randomization description

Individual randomization by random number table (via code receipt)

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

Ethics committee of Kermanshah University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences, Building No.2, Shahid Beheshti blvd.

City

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Province

Kermanshah

Postal code

6715847141

Approval date

2018-10-10, 1397/07/18

Ethics committee reference number

IR.KUMS.REC.1397.527

Health conditions studied

1

Description of health condition studied

Life satisfaction

ICD-10 code

F98.9

ICD-10 code description

Unspecified behavioural and emotional disorders with onset usually occurring in childhood and adolescence

Primary outcomes

1

Description

Mental well-being

Timepoint

At the beginning and at the end of the study

Method of measurement

Subjective Well Being Scale (SWS)

2

Description

Life satisfaction

Timepoint

At the beginning and at the end of the study

Method of measurement

Satisfaction with Life Scale

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will receive eight 90-minute group education sessions of compassion training (one session in a week).

Category

Lifestyle

2

Description

The control group will not receive any intervention.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Marriage and divorce offices

Full name of responsible person

Elham Fatholahi
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Sponsors / Funding sources

1

Sponsor

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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

Kermanshah 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
Kermanshah University of Medical Sciences
Full name of responsible person

Elham Fatholahi
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The main outcomes of the study will be shared.

When the data will become available and for how long

3 months

To whom data/document is available

If requested, results will be made available to other academic researchers

Under which criteria data/document could be used

If the data can be helpful in new clinical trials, it will be available to the authors of the articles

From where data/document is obtainable

To receive the documentation, email send for update manager

What processes are involved for a request to access data/document

In a 15-day period, the documents will be sent e-mail

Comments