

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effectiveness of emotion-focused therapy (EFT) on pain perception, Self-Compassion, sexual function and Couple Burnout in female with premenstrual syndrome

Protocol summary

Study aim

The effectiveness of emotion-focused therapy (EFT) on pain perception, Self-Compassion, sexual function and Couple Burnout in female with premenstrual syndrome

Design

This clinical trial with control group, with parallel groups, randomized and without blinding will be performed on 30 women with Premenstrual Syndrome. Random allocation software is used for randomization

Settings and conduct

This study will be performed in Mashhad Health Center No. 1, a psychological method performed on female patients with premenstrual syndrome. Before and after the intervention, individuals will answer the relevant questionnaires. There will be no blinding in this study

Participants/Inclusion and exclusion criteria

Inclusion criteria: At least one year has passed at least 190 on the PMS Having at least a high school diploma Deliberate signing of a written consent to participate in the research. Exclusion criteria: DSM-V Axis I and II disorders Psychological and counseling services for marital issues in the last 3 months Psychiatric and psychotropic medication use 3 months before the first session The apparent risk of suicide right now

Intervention groups

Intervention group: Emotion-focused therapy enables one to identify, experience, accept, correct, manage, and produce one's emotions. female with premenstrual syndrome will receive 10 group sessions of emotion-focused therapy weekly for 10 sessions per week. En Control group: This group will not receive any intervention. In order to observe ethics in research, after the end of intervention, two training sessions on psychological skills will be provided for this group

Main outcome variables

pain perception: Self-Compassion: sexual function: Couple Burnout

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200117046157N1**

Registration date: **2020-12-04, 1399/09/14**

Registration timing: **retrospective**

Last update: **2020-12-04, 1399/09/14**

Update count: **0**

Registration date

2020-12-04, 1399/09/14

Registrant information

Name

Maryam Ghodsi

Name of organization / entity

Education

Country

Iran (Islamic Republic of)

Phone

+98 51 4224 1090

Email address

mghodsi290@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-21, 1398/11/01

Expected recruitment end date

2020-02-24, 1398/12/05

Actual recruitment start date

2020-07-26, 1399/05/05

Actual recruitment end date

2020-08-26, 1399/06/05

Trial completion date

2020-11-21, 1399/09/01

Scientific title

The effectiveness of emotion-focused therapy (EFT) on pain perception, Self-Compassion, sexual function and Couple Burnout in female with premenstrual syndrome

Public title

The effectiveness of emotion-focused therapy (EFT) on pain perception, Self-Compassion, sexual function and Couple Burnout

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

At least one year has passed At least 190 on the PMS Having at least a high school diploma Deliberate signing of a written consent to participate in the research

Exclusion criteria:

DSM-V Axis I and II disorders Psychological and counseling services for marital issues in the last 3 months Psychiatric and psychotropic medication use 3 months before the first session The apparent risk of suicide right now

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Actual sample size reached: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

En The allocation method will be simple random. Hiding the assignment using a computer is that the computer creates random numbers between zero and one. If the random number is less than 0/5, the individual will be assigned to the test group, and if the random number is greater than 0/5, the individual will be entered into the control group. In this process, people who enter the study list will not be aware of how the treatment is allocated before the intervention.

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

Ethic Committee of Hakim Sabzevari University

Street address

Tovhid Town ,Hakim Sabzevari University

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617976487

Approval date

2020-01-21, 1398/11/01

Ethics committee reference number

IR.HSU.REC.1398.030

Health conditions studied

1

Description of health condition studied

premenstrual syndrome

ICD-10 code

N94.3

ICD-10 code description

Premenstrual tension syndrome

Primary outcomes

1

Description

pain perception

Timepoint

Before the intervention - 30 day After the intervention

Method of measurement

McGill Pain Questionnaire (1997)

2

Description

Self-Compassion

Timepoint

Before the intervention - 30 day After the intervention

Method of measurement

Self-Compassion Questionnaire Neff (2003)

3

Description

sexual function

Timepoint

Before the intervention - 30 day After the intervention

Method of measurement

sexual function Questionnaire (2000)

4

Description

Couple Burnout

Timepoint

Before the intervention - 30 day After the intervention

Method of measurement

Couple Burnout Questionnaire (2013)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Women with premenstrual syndrome will undergo the intervention of the emotion-focused therapy group on a weekly basis for 10 sessions of 90 minutes of the Greenberg and Goldman (2019) emotion-focused treatment protocol. The summary of the content of each session is as follows: 1) Evaluate and create continuity assessment of expectations and concerns of women with pms. conceptualization of the problem and presentation of therapy logic and familiarity with general therapy rules. 2) identify the cycle of negative interactions and determine overall aims, creating a therapeutic agreement. 3) Strengthen continuity and analyze and change emotions. 4) Accepting emotions and identifying attachment needs, strengthening the interaction of group members discover new solutions to old problems. 5) Accepting emotions and identifying attachment needs, strengthening group member interaction, discovering new solutions to old problems. 6) Creating new interactive patterns of emotion acquisition Intimate engagement of clients with their couples, acceptance of new situations . 7) increasing the identification of attachment needs, facilitating the expression of needs and desires in sexual needs using the technique of tracking and reflecting . 8) Focus on yourself, not the other person, more compassion for yourself, a framework for re-establishing sexual relation, deepening the couples sexual conflicts. 9) Orienting and Designing Interactions between Couples Replacing the Positive Interaction Cycle with the Negative Cycle. 10) Strengthening new situations and responses, supporting constructive interactive patterns, closing sessions.

Category

Behavior

2

Description

Control group: : This group will not receive any intervention. In order to observe ethics in research, after the end of intervention, two training sessions on psychological skills will be provided for this group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center_1

Full name of responsible person

Samira Keramati

Street address

Health Center_1. between Vakilabad 66 and 68 ,Vakilabad Boulevard

City

Mashhad

Province

Razavi Khorasan

Postal code

911797945

Phone

+98 51 3501 8011

Email

hc1.pr@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hakim Sabzevari University

Full name of responsible person

Ahmad Farzaneh kord

Street address

Tovhid Town , Hakim Sabzevari University

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617976487

Phone

+98 51 4441 0104

Email

farzaneh@hsu.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Hakim Sabzevari University

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

Education

Full name of responsible person

Maryam Ghodsi

Position

counselor

Latest degree

Master

Other areas of specialty/work

Family Counseling

Street address

Taleghani street

City

Neyshabur

Province

Razavi Khorasan

Postal code

9316735555

Phone

+98 51 4224 1090

Email

mghodsi290@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

دانشگاه حکیم سبزواری

Full name of responsible person

Hossein Shareh

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

روانشناسی بالینی

Street address

Tovhid Town Street

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617666666

Phone

+98 51 4441 9050

Email

hsharreh@yahoo.com.au

Web page address

http://www.hsu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

آموزش و پرورش

Full name of responsible person

Maryam Ghodsi

Position

مشاور

Latest degree

Master

Other areas of specialty/work

Family Counseling

Street address

Taleghani street

City

neyshabur

Province

Razavi Khorasan

Postal code

9316735555

Phone

+98 51 4224 1090

Email

mghodsi290@gmail.com

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

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable