Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 continuityassessment 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 membersdiscover 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 acquisitionIntimate 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 sexualneeds 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
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Province
Razavi Khorasan
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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
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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

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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
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