

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Comparison of the effectiveness of Schema Therapy and Compassion-Focused Therapy on Marital Satisfaction, Maladaptive Schemas, Self-efficacy and Mind Rumination in student Married Women

Protocol summary

Study aim

Comparison of the effectiveness of two methods of schema therapy and compassion-focused therapy on marital life satisfaction, maladaptive schemas, self-efficacy and mental rumination of married women students

Design

The present research is applied research in terms of purpose, and in terms of data collection method is field experimental research in pre-test, post-test with control group and one-month follow-up period. without randomization and the trial phase does not apply.

Settings and conduct

The present study population includes all married women students of Ahvaz Azad University. As a sample group, by a purposeful method, from the research community, 60 married female students with a marital history of 1 to 5 years were selected, and then 20 of them were randomly selected in the schema experimental group and 20 in the group. Compassion test and 20 people are assigned to the control group.

Participants/Inclusion and exclusion criteria

Married Women inclusion criteria: 1- Do not suffer from mental disorders 2- Marriage history between 1 to 5 years 3- Level of education, minimum diploma

Intervention groups

In this study, there are 2 intervention groups: schema therapy and compassion-focused therapy, both of which are performed on participants in 8 sessions of 90 minutes. Then, the first experimental group undergoes schema therapy and the second experimental group undergoes treatment focused on compassion. The control group did not receive any intervention.

Main outcome variables

Marital Satisfaction, Maladaptive Schemas, Self-efficacy, Mind Rumination

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201216049732N1**

Registration date: **2021-06-14, 1400/03/24**

Registration timing: **retrospective**

Last update: **2021-06-14, 1400/03/24**

Update count: **0**

Registration date

2021-06-14, 1400/03/24

Registrant information

Name

Mansoreh Nasirharand

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-12-30, 1399/10/10

Expected recruitment end date

2021-03-15, 1399/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of Schema Therapy and Compassion-Focused Therapy on Marital Satisfaction, Maladaptive Schemas, Self-efficacy and Mind Rumination in student Married Women

Public title

Comparison of the effectiveness of Schema Therapy and Compassion-Focused Therapy on Marital Satisfaction, Maladaptive Schemas, Self-efficacy and Mind Rumination

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

No mental disorders Marriage history between 1 to 5 years Minimum Level of education diploma

Exclusion criteria:

Receive any psychological interventions and counseling just before starting work Taking psychiatric drugs

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Not randomized

Randomization description**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 Islamic Azad University, Ahvaz Branch

Street address

Farhangshahr Ave, Islamic Azad University

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Khouzestan

Postal code

37333- 61349

Approval date

2020-11-28, 1399/09/08

Ethics committee reference number

IR.IAU.AHVAZ.REC.1399.052

Health conditions studied**1****Description of health condition studied**

Schema Therapy

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Compassion-focused Therapy

ICD-10 code**ICD-10 code description****3****Description of health condition studied**

Marital Satisfaction

ICD-10 code**ICD-10 code description****4****Description of health condition studied**

Maladaptive Schemas

ICD-10 code**ICD-10 code description****5****Description of health condition studied**

Self-efficacy

ICD-10 code**ICD-10 code description****6****Description of health condition studied**

Mind Rumination

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Marital Satisfaction

Timepoint

Before the intervention and one week after the intervention

Method of measurement

Enrich Marital Satisfaction Questionnaire

2**Description**

Maladaptive Schemas

Timepoint

Before the intervention and one week after the intervention

Method of measurement

Yang Maladaptive Schema Questionnaire

3

Description

Self-efficacy

Timepoint

Before the intervention and one week after the intervention

Method of measurement

Scherer General Self-Efficacy Questionnaire

4

Description

Mind Rumination

Timepoint

Before the intervention and one week after the intervention

Method of measurement

Yousefi Mind Rumination Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: Schema therapy is performed on participants in 8 sessions of 90 minutes. Description of training sessions Schema therapy Session Title Sessions of the first session: Communication and initial evaluation, - Communication and introduction of members Objectives of the session: - Explaining the rules of the group and goals and introduction of the course - Commitment - Recognizing the current problem Assignments: Each person in the next few days Take care of your spouse and others and identify your current problems. Then write these problems specifically according to the description of the session and in return write your goals about the problem according to the course of treatment. Session 2: Teaching about schemas and coping styles Objectives of the sessions: - Teaching maladaptive schemas, Types and characteristics - Explaining coping styles - Communicating the problems of current life and schemas Homework: People should read the information sheet about schemas well and consider some situations that they suffer from in their married life. And write the type of schema that is evoked and related to it at the time, and identify their coping styles to cope with that schema. Session 3: Cognitive strategies. Objectives of the sessions: - Presenting the logic of the technique Cognitive theories and metaphors of war - Implementation of schema validity test - Use of empathetic coping therapy style - New definition of

evidence confirming schema. Assignments: Individuals should consider some of the schematic behaviors until the next session, write down the underlying schema, the evidence confirming and rejecting it. Session 4: Cognitive techniques. Objectives of the sessions: - Evaluating the advantages and disadvantages of people's coping responses - Establishing a dialogue between the schema aspect and the healthy aspect - Using the devil defender game - Training, development and educational structures. Assignments: Individuals at home establish a dialogue between the schematic aspect and their healthy aspect using the empty chair technique. Session 5: Experimental Strategies. Objectives of the sessions: - Presenting the logic of the experimental technique and its goals - Mental imagery - Relating the mental image of the past to the present - Conducting imaginary dialogue. Assignments: Write a letter to a person who was harmed during childhood and did not send it and bring it with them to the meeting. Session 6: Behavioral model breaking. Objectives of the sessions: - Presenting the logic of behavioral techniques - Expressing the purpose of behavioral techniques - Determining a comprehensive list of specific behaviors as a subject of change - Providing ways to prepare a list of behaviors - Prioritizing behaviors for modeling and identifying the most problematic - Increasing motivation for change Behavior. Assignments: Over the next few days, people will consider some frustrated situations in life and pay attention to how they felt, what they thought, and what they did, and in the event of problematic behavior, a healthy alternative to the opposite. Write it. Session 7: Behavioral techniques. Objectives of the sessions: - Increasing motivation to change behavior - Practicing healthy behaviors through illustration and role-playing - Overcoming barriers to behavior change - Making important changes in life. Assignments: Ask people for behavior that has not yet changed by asking themselves, "What would I do if I didn't have this schema?" Find alternative behaviors and write down the advantages and disadvantages of change over non-change. Session 8: Conclusion. Objectives of the sessions: Summary of previous sessions - Review of completed assignments and troubleshooting - Conclusion and final conclusion with the help of members - Presentation of relevant post-test - Thanks and goodbye.

Category

Behavior

2

Description

Intervention group 2: Compassion-focused therapy is performed in 8 sessions of 90 minutes. The following is a brief description of the sessions. Session 1: Familiarity with the general principles of treatment. Content of the sessions: Establishing initial communication, grouping, reviewing the structure of the sessions, getting acquainted with the general principles of compassion-focused treatment, evaluating and evaluating the level of emotional and self-harm of members, describing and explaining emotional harassment and factors related to its symptoms and conceptualizing education Self-compassion. Homework: Record emotional and self-

critical harassment in daily activities and challenges. Expected Behavior: Identify and be aware of self-criticism. Session 2: Recognizing the components of self-compassion Content of the sessions: Identifying and introducing the components of compassion, examining each component of compassion in members and identifying its characteristics, getting acquainted with the characteristics of people with compassion and reviewing the compassion of members themselves. Homework: Recording the components of self-sufficiency in daily activities. Expected Behavior: Identify and be aware of the components of self-compassion. Session 3: Self-compassion education of members. Content of the sessions: reviewing the tasks of the previous session, cultivating a feeling of warmth and kindness towards oneself, cultivating and understanding that others also have flaws and problems (cultivating a sense of human commonalities) in the face of self-destructive feelings, shame, self-compassion; Form and create more and more diverse feelings related to people's issues to increase care and attention to their health. Homework: Recording the components of self-sufficiency in daily activities. Expected Behavior: Identify and be aware of the components of self-compassion. Session 4: Self-knowledge and identification of self-critical factors. Content of the sessions: Reviewing the previous session, encouraging the subjects to self-knowledge and examining their personality as a "compassionate person" or "determining compassion", identifying and applying the exercises of "cultivating a compassionate mind" (the value of self-compassion, empathy and compassion To teach oneself and others, teaching the physiotherapist metaphor), making mistakes and forgiving oneself for mistakes to speed up change. Homework: Recording daily mistakes and identifying the factors of expected behavior: Cultivating self-sufficiency. Session 5: Correction and expansion of compassion. Content of the sessions: Review of the previous session's practice, familiarity and application of "compassionate mind training exercises" (forgiveness, acceptance without judgment, teaching the flu metaphor and training of misery), training to accept problems, accepting changes ahead and enduring difficult and challenging situations with Paying attention to the changing nature of life and people facing different challenges. Homework: Forgiveness and acceptance without judgment in challenging daily activities and recording this expected behavior: Improving and developing self-sufficiency. Session 6: Teaching styles and methods of expressing compassion. Content of the sessions: Review of the previous session, practical practice of creating compassionate images, teaching styles and methods of expressing compassion (verbal compassion, practical compassion, intermittent compassion and continuous compassion), and applying these methods in daily life and for the family and Friends, teach the development of valuable and transcendent emotions. Home exercise: Applying compassion in daily activities. Expected Behavior: Feeling worthwhile and self-sufficient. Session 7: Compassion Techniques. Content of the sessions: Reviewing the practice of the previous session, learning to write compassionate letters for oneself and others,

teaching recording methods and daily notes of real situations based on compassion and the individual's performance in those situations. Homework: Write compassionate letters to yourself and others. Expected Behavior: Improving Self-Sufficiency and Self-Esteem. Session 8: Evaluation and application. Content of the sessions: Training and practicing the skills, reviewing and practicing the skills presented in the previous sessions to help the subjects to cope with different life situations in different ways, and finally summarizing and presenting solutions to maintain and apply this Therapeutic methods in daily life Home exercise: recording and recording self-sufficiency in daily challenges. Expected behavior: cultivating and growing self-sufficiency.

Category

Behavior

3

Description

Control group: Does not receive any intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Negaraesh Counseling and Psychological Services Center

Full name of responsible person

Afaf KarimiPour

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Grant name**Grant code / Reference number**

دانشگاه آزاد اسلامی

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

Yes

Title of funding source

Islamic Azad 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**

Islamic Azad University

Full name of responsible person

Mansoreh nasirharand

Position

Consultant

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

There is no more information

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