

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluation effectiveness of compassion-focused therapy on shame and self-criticism in patients with a psychotic disorder

Protocol summary

Study aim

Evaluation effectiveness of compassion-focused therapy on shame and self-criticism in patients with a psychotic disorder

Design

A clinical trial with a control group, with parallel, randomized, phase 2 groups will be performed on 60 patients. The random block method is used.

Settings and conduct

A clinical trial with a control group, with parallel, randomized, phase 2 groups will be performed on 60 patients. The random block method is used. Intervention is a method for people with the psychotic disorder to receive 10 sessions of psychotherapy. This study will be performed on patients admitted to Golestan Hospital in Ahvaz. Blinding is not applicable to this study.

Participants/Inclusion and exclusion criteria

Inclusion condition: Patients with a psychotic disorder
Exclusion criteria: History of any mental disorder

Intervention groups

Intervention group: After the patients are selected, based on the treatment group, the patients are placed in the intervention group and receive treatment focused on compassion, and after treatment, their shame and self-criticism will be assessed by a questionnaire. Control group: After the patients are selected, based on the treatment group, the patients are placed in the control group and receive normal treatment, and then their shame and self-criticism will be assessed by a questionnaire.

Main outcome variables

self-criticism shame

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161228031626N5**

Registration date: **2021-12-31, 1400/10/10**

Registration timing: **retrospective**

Last update: **2021-12-31, 1400/10/10**

Update count: **0**

Registration date

2021-12-31, 1400/10/10

Registrant information

Name

Hatam Boostani

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3374 3038

Email address

tabibi.y@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-30, 1400/01/10

Expected recruitment end date

2021-04-01, 1400/01/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation effectiveness of compassion-focused therapy on shame and self-criticism in patients with a psychotic disorder

Public title

Evaluation effectiveness of compassion-focused therapy on shame and self-criticism in patients with psychotic disorder

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with psychotic disorder

Exclusion criteria:

History of other mental illness disorders

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

In order to divide patients into two groups, the randomized block method is used. In this method, group A is related to the intervention and group B is considered as the control and is classified into 4 blocks including AABB, ABAB, ABBA, BBAA, BABA, BAAB, according to the selected permutations. The patient is classified into one of the intervention or control groups. Random allocation software was used for randomization

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 Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Golestan Hospital ,Golestan Blvd, Ahvaz

City

Ahvaz

Province

Khuzestan

Postal code

157945-6135

Approval date

2021-06-22, 1400/04/01

Ethics committee reference number

IR.AJUMS.HGOLESTAN.REC.1400.062

Health conditions studied

1

Description of health condition studied

psychotic disorder

ICD-10 code

F23

ICD-10 code description

Brief psychotic disorder

Primary outcomes

1

Description

shame

Timepoint

Before and after intervention

Method of measurement

Self-Compassion Scale (SCS questioner)

2

Description

self-criticism

Timepoint

Before and after intervention

Method of measurement

Self-Compassion Scale (SCS questioner)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After the patients are selected, based on the treatment group, the patients are treated with compassion-focused treatment and after the treatment, the information is re-evaluated. The compassion-focused treatment protocol will be implemented in accordance with the content of the treatment in 10 sessions. The basic principles of compassion-focused therapy point out that external soothing thoughts, factors, images, and behaviors must be internalized, and in this case, the human mind, as it responds to external factors, in the face of this Relax inside. Sessions 1 and 2: Evaluation based on compassion-focused treatment approach, Session 3: Understanding compassion, Session 4: Preparing clients to improve compassionate attention and concentration, Session 5: Illustration of daily compassion, Session 6: Examining the role of self-criticism and shame using the metaphor of two teachers, introducing compassionate self, Session 7: Introducing multiple selves references,

exercising multiple selves, Session 8: Compassionate thinking and argument and compassionate behavior, Session 9: Balancing thinking and mind in a compassionate way, Session 10: Writing a letter of compassion

Category

Treatment - Other

2**Description**

Control group: After the patients are selected, the patients are treated normally based on the group therapy and the information is re-evaluated after the treatment.

Category

Treatment - Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ahvaz Golestan Hospital

Full name of responsible person

Hatam Boostani

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

Yes

Title of funding source

Ahvaz 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**

Ahvaz University of Medical Sciences

Full name of responsible person

Hatam Boostani

Position

Assistant Professor

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Position

Assistant Professor

Latest degree

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Person responsible for updating data**Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Maryam Khalafi

Position

Resident

Latest degree

Specialist

Other areas of specialty/work

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City

Ahvaz

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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available