

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Efficacy of Change Following a Resilience Intervention on Post-Traumatic Growth in Women with Addicted Spouses compared with control group

Protocol summary

Study aim

Determining the efficacy of Change Following a Resilience Intervention on Post-Traumatic Growth in Women with Addicted Spouses

Design

The clinical trial has a control group with parallel groups, random assignment to two groups of intervention and control on 40 people (20 people in each group). Simple randomization is used.

Settings and conduct

After obtaining a license from the ethics committee of the university of social welfare and rehabilitation sciences, a letter of introduction will be referred to the welfare organization of Qom city, and then the license to do research in the city will be received. According to the inclusion criteria, 40 individuals will be selected to participate in the study and will be randomly classified into the control and intervention groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Minimum education, At least one year has passed since the beginning of their married life, High perceived stress, Conscious consent to participate in research. Exclusion criteria: Using drugs, Existence of psychotic and suicidal symptoms, Receiving other simultaneous psychotherapy

Intervention groups

Type of intervention: Change Following a Resilience Intervention program for 1 month, in four weekly sessions, the intervention group is asked to work on transforming Stress Into Resilience, responsibility, focus on empowering interpretations and make meaningful connections. The control group don't get any treatment.

Main outcome variables

Post-Traumatic Growth

General information

Reason for update

Completion of information The addition of secondary

consequences Methodological change

Acronym

IRCT registration information

IRCT registration number: **IRCT20220227054135N1**

Registration date: **2022-04-12, 1401/01/23**

Registration timing: **registered_while_recruiting**

Last update: **2023-03-04, 1401/12/13**

Update count: **1**

Registration date

2022-04-12, 1401/01/23

Registrant information

Name

Akram Ahmadzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 25 3665 3909

Email address

ak.ahmadzadeh@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-21, 1401/01/01

Expected recruitment end date

2023-03-21, 1402/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Change Following a Resilience Intervention on Post-Traumatic Growth in Women with Addicted Spouses

compared with control group

Public title
Change Following a Resilience Intervention on Post-Traumatic Growth

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Minimum cycle education At least one year has passed since the beginning of their married life. High perceived stress Conscious consent to participate in research
Exclusion criteria:
Using drugs Existence of psychotic and suicidal symptoms Receiving other simultaneous psychotherapy

Age
From **20 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization is simple . A code is assigned to each of the eligible persons and then the codes are selected randomly. The codes are placed in a lottery container. Finally, among them, numbers are selected and registered. The Lottery will be continued to reach certain numbers.

Blinding (investigator's opinion)
Single blinded

Blinding description
The participants in the intervention and control groups did not know which group they were in.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of University of social welfare and rehabilitation sciences
Street address
No. 1, Shahid Kolahdooz Alley 2, Ansar Al-Hussein Ave
City
Qom

Province
Ghoum

Postal code
3719868791

Approval date
2021-11-17, 1400/08/26

Ethics committee reference number
IR.USWR.REC.1400.202

Health conditions studied

1

Description of health condition studied
Addiction

ICD-10 code
R78.4

ICD-10 code description
Finding of other drugs of addictive potential in blood

Primary outcomes

1

Description
Post-Traumatic growth

Timepoint
Before the intervention, the last meeting of the intervention and 3 month after the end of intervention

Method of measurement
Post-traumatic growth questionnaire

Secondary outcomes

1

Description
Perceived Stress

Timepoint
Before the intervention, the last meeting of the intervention and 3 month after the end of intervention

Method of measurement
Perceived Stress Scale

2

Description
Resilience

Timepoint
Before the intervention, the last meeting of the intervention and 3 month after the end of intervention

Method of measurement
Conner-Davidson Resilience Scale

3

Description
Coping Skills

Timepoint
Before the intervention, the last meeting of the intervention and 3 month after the end of intervention

Method of measurement

Intervention groups

1

Description

Intervention group: Change Following a Resilience Intervention program for 1 month, in four weekly sessions, the intervention group is asked to work on transforming Stress Into Resilience, responsibility, focus on empowering interpretations and make meaningful connections.

Category

Lifestyle

2

Description

Control group: control group don't get any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Welfare Administration

Full name of responsible person

Zohreh Bookaei

Street address

Ta'avon Blvd.

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۱۱۳۶۵/۴۱۸۷

Phone

+98 919 350 1377

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Elham Faraji

Street address

The end of the sixth Alley, Velenjak

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1985713871

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rd@uswr.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of social welfare and rehabilitation sciences

Proportion provided by this source

1

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

University of social welfare and rehabilitation sciences

Full name of responsible person

Akram Ahmadzadeh

Position

student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Velenjak, the end of the sixth Alley

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

Mohammad Saeed Khanjani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
Akram Ahmadzadeh
Position
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Latest degree
Ph.D.
Other areas of specialty/work
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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

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

Not applicable