

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

#### Protocol summary

##### Study aim

Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

##### Design

In this study, 64 women referring to post-analysis of the test, randomly using random numbers in two experimental and control groups with parallel groups.

##### Settings and conduct

In this study, 64 women referring to the comprehensive health service centers in Isfahan will be randomly divided into two groups of test and control. The educational intervention is held in the form of a Meichenbaum self-study in 7 sessions for the test group. Data collection will be done by pre-intervention demographic questionnaire and standard questionnaires for measuring violence against women, Connor and Davidson resilience scale and Lazarus and Folkman coping styles before, immediately, one month and two months after the intervention.

##### Participants/Inclusion and exclusion criteria

Experience exposure to one type of violence; willingness to participate in the study; having lived together for at least one year; have a minimum literacy; no severe mental illness; no pregnancy; no drug abuse; no chronic debilitating physical illness; unwillingness of a person to continue participating in research; absence from two sessions of training classes.

##### Intervention groups

The intervention group will be divided into two groups of 16 people. the educational intervention will be held in the form of a Meichenbaum self-study in 7 sessions of 60 minutes once a week for both intervention groups. No intervention is performed in the control group. Then a post-test will be held immediately, one month and two months after the intervention.

#### Main outcome variables

Resilience; coping style; domestic violence

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220118053758N1**

Registration date: **2022-06-25, 1401/04/04**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-06-25, 1401/04/04**

Update count: **0**

##### Registration date

2022-06-25, 1401/04/04

##### Registrant information

##### Name

simin karimifar

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4489 8172

##### Email address

s.karimifar1395@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-05-05, 1401/02/15

##### Expected recruitment end date

2022-07-06, 1401/04/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

**Public title**  
Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Experience exposure to one type of physical, psychological, sexual violence Willingness to participate in the study. Having lived with your spouse for at least one year Have a minimum literacy No severe mental illness registered in the apple system. No pregnancy No drug abuse No chronic debilitating physical illness  
**Exclusion criteria:**  
Unwillingness of a person to continue participating in research Absence from two sessions of training classes

**Age**  
No age limit

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **64**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
In this study, first, pre-test to identify women at risk of violence against spouses in the form of a standard questionnaire to measure violence against women for women referring to comprehensive health care centers. After the positive result of the test using the lottery method, 64 of them will be divided into two experimental and control groups. In this method, the researcher gives a special number to each member of the community. Then they are mixed in a container. In the next step, she takes out the numbers one by one and takes notes, This operation is continued until the number of samples is selected and then the experimental and control groups are selected using the same method.

**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 the faculty of Nursing, Management and Rehabilitation - Isfahan University of Me

##### Street address

Isfahan University of Medical Sciences and Health Services, Hezar Jerib street

##### City

Isfahan

##### Province

Isfahan

##### Postal code

81746-73461

#### Approval date

2022-04-04, 1401/01/15

#### Ethics committee reference number

IR.MUI.NUREMA.REC.1401.004

## Health conditions studied

### 1

#### Description of health condition studied

##### ICD-10 code

##### ICD-10 code description

### 2

#### Description of health condition studied

##### ICD-10 code

##### ICD-10 code description

### 3

#### Description of health condition studied

##### ICD-10 code

##### ICD-10 code description

## Primary outcomes

### 1

#### Description

Resilience score

#### Timepoint

Before, immediately, one month and two months after the intervention

#### Method of measurement

Demographic Questionnaire, Standard Violence Against Women Questionnaire, Connor & Davidson Resilience Questionnaire and Coping Styles Questionnaire

## 2

### **Description**

Coping styles score

### **Timepoint**

Before, immediately, one month and two months after the intervention

### **Method of measurement**

Coping Styles Questionnaire( WOCQ)

## 3

### **Description**

Domestic violence

### **Timepoint**

Before, one month and two months after the intervention

### **Method of measurement**

Standard Questionnaire for Measuring Violence Against Women

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Intervention group: The intervention group is divided into two groups of 16 people and each of them will be given a Meichenbaum self-study group training in 7 sessions of 60 minutes in a two-month course. self-study is a technique of the CBT approach that is an exercise to improve self-control and self-talk is used to stimulate and reinforce during treatment. The self-study technique uses positive verbal expressions to reduce negative thoughts and to increase self-control through the mind. The most important step in the self-learning technique is that the person begins to speak slowly in their heart. after completing the training resilience score and coping style score using Connor and Davidson resilience scale (CD-RISC) and Lazarus and Folkman's coping style questionnaire (WOCQ) before, immediately, one month and two months after intervention and score Domestic violence will be measured using a standard questionnaire to measure violence against women before, one month and two months after the intervention.

#### **Category**

Behavior

### 2

#### **Description**

Control group: There is no intervention in the control group. after completing the training resilience score and coping style score using Connor and Davidson resilience scale (CD-RISC) and Lazarus and Folkman's coping style questionnaire (WOCQ) before, immediately, one month and two months after intervention and score Domestic violence will be measured using a standard questionnaire to measure violence against women before, one month and two months after the intervention. Educational

Contents in the form of educational pamphlets will be provided to them after the completion of the research.

#### **Category**

Behavior

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Shahid Aval Comprehensive Health Center

##### **Full name of responsible person**

Simin Karimifar

##### **Street address**

The beginning of Meysam Street, Meraj Street, Aghababaei Highway

##### **City**

Isfahan

##### **Province**

Isfahan

##### **Postal code**

8174673461

##### **Phone**

+98 31 3357 8040

##### **Email**

boroumandfar@nm.mui.ac.ir

### 2

#### **Recruitment center**

##### **Name of recruitment center**

Mottahari Comprehensive Health Service Center

##### **Full name of responsible person**

Simin Karimifar

##### **Street address**

Kaveh Boulevard, Imam Hossein Town, Isfahan

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boroumandfar@nm.mui.ac.ir

### 3

#### **Recruitment center**

##### **Name of recruitment center**

Hazrat Ali Comprehensive Health Service Center

##### **Full name of responsible person**

Simin Karimifar

##### **Street address**

Senowbar 2, eight meters of industry, East Sheikh Tusi, Isfahan

##### **City**

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##### **Province**

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8174673461  
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#### 4

##### **Recruitment center**

**Name of recruitment center**  
Navab Safavi Comprehensive Health Service Center  
**Full name of responsible person**  
Simin Karimifar  
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Bozorgmehr St, Ahmadabad Sq, Isfahan  
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#### **Sponsors / Funding sources**

#### 1

##### **Sponsor**

**Name of organization / entity**  
Esfahan University of Medical Sciences  
**Full name of responsible person**  
Dr.Mansoor Siavash  
**Street address**  
The deputy of research and technology, building 4,  
Isfahan University of Medical Sciences, Hezar Jerib  
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[https://isid.research.ac.ir/Mansoor\\_SiavashDastjerdi](https://isid.research.ac.ir/Mansoor_SiavashDastjerdi)

##### **Grant name**

##### **Grant code / Reference number**

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

Yes

##### **Title of funding source**

Esfahan 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**  
Esfahan University of Medical Sciences  
**Full name of responsible person**  
Dr.Zahra Boroumandfar  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Reproductive Health  
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#### **Person responsible for scientific inquiries**

##### **Contact**

**Name of organization / entity**  
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Assistant Professor  
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## Person responsible for updating data

### Contact

**Name of organization / entity**

Esfahan University of Medical Sciences

**Full name of responsible person**

Simin karimifar

**Position**

student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

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### Email

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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**

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