Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of schema therapy on rumination and cognitive flexibility of women affected emotionally by extramarital affairs

Protocol summary

Study aim
Investigating the effect of schema therapy on emotionally damaged women

Design
A clinical trial with a control group, with parallel groups, not blinded, randomized by the method of random allocation law, without phase on 40 patients who are divided into two groups of 20 intervention and control. For randomization, the selection of names from the vase was used without repetition and replacement.

Settings and conduct
A number of 40 eligible people have chosen to enter the plan and randomly and without replacement, the first 20 people will be selected as the intervention group and the second 20 people will be selected as the control group. Cognitive flexibility questionnaires and rumination questionnaires are provided to 40 clients of Baran Counseling Clinic. The intervention group receives schema therapy in addition to the standard treatment. And the control group only received the standard treatment.

Participants/Inclusion and exclusion criteria
Entry requirements: have at least a diploma education, have at least three years of cohabitation, more than six months have passed since the disclosure of their spouse's infidelity, have not applied for divorce due to the issue of their spouse's infidelity, have completed the treatment consent form, while participating They have not attended therapy sessions to receive individual counseling services. Exit conditions: Divorced due to infidelity of their spouses, having a history of hospitalization in psychiatric hospitals, consuming drugs or alcohol, missing more than two sessions.

Intervention groups
Emotionally damaged women from extramarital relationships

Main outcome variables
Rumination, cognitive flexibility

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220507054759N2**
Registration date: **2022-07-06, 1401/04/15**
Registration timing: **prospective**

Last update: **2022-07-06, 1401/04/15**
Update count: **0**

Registration date
2022-07-06, 1401/04/15

Registrant information

Name
Ramin Zare

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-07-23, 1401/05/01

Expected recruitment end date
2022-08-23, 1401/06/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effectiveness of schema therapy on rumination and cognitive flexibility of women affected emotionally by extramarital affairs

Public title

The effectiveness of schema therapy on rumination and cognitive flexibility of women affected emotionally by extramarital affairs

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Have at least a diploma Have at least three years of living together It has been more than six months since the revelation of their spouse's infidelity Do not apply for divorce due to infidelity Have completed the treatment consent form. Have not referred for personal counseling services while attending treatment sessions.

Exclusion criteria:

Divorced due to infidelity Have a history of hospitalization in psychiatric hospitals Consume drugs or alcohol Absent for more than two sessions

Age

From **27 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

The method of randomization is the rule of random assignment. The community of this study consists of 40 emotionally damaged working women from extramarital relationships. In this study of 40 people, 20 people will be placed in the intervention group and 20 people will be placed in the control group using the randomization method of the random allocation law. In this way, the names of the people under study will be written and put into the container. And the names are removed from the container one by one without repetition. The first 20 people are considered the intervention group and the second 20 people are considered the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The community of this study consists of 40 emotionally damaged working women from extramarital relationships. In this study of 40 people, 20 people will be placed in the intervention group and 20 people will be in the control group using the method of randomization. And the names are removed from the container one by one without repetition. The first 20 people are considered the intervention group and the second 20 people are considered the control group. For the control group, only the standard treatment is considered. And for the intervention group, schema therapy will be started along with the standard therapy, which will be provided during 8 sessions to teach schemas and coping styles.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic University of Arak Branch

Street address

Amirkabir University Town-3 km of Khomeini Road-Imam Khomeini Boulevard-Imam Khomeini Square-Arak

City

Arak

Province

Markazi

Postal code

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Approval date

2022-02-07, 1400/11/18

Ethics committee reference number

IR.IAU.ARAK.REC.1401.030

Health conditions studied

1

Description of health condition studied

Obsessive-compulsive disorder

ICD-10 code

F42

ICD-10 code description

Obsessive-compulsive disorder

Primary outcomes

1

Description

Rumination

Timepoint

At the beginning of the study and one month later as the end of the study

Method of measurement

Ruminant Questionnaire

2

Description

Cognitive flexibility

Timepoint

At the beginning of the study and one month later as the end of the study

Method of measurement

Cognitive flexibility questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 20 people in the intervention group will be given 8 sessions to teach schemas and coping styles. Training and explanation of goals and interventions, the second session of familiarization and introduction of the program and the implementation of the pre-test, the third session of definition of schema therapy and familiarity with schema concepts, the fourth session of training and recognition of primary maladaptive schemas, the fifth session of introducing the domains of primary maladaptive schemas, the session 6th training and understanding the concept of cognitive coordination and ineffective coping responses, 7th session of schema therapy assessment and training, 8th session using cognitive strategies and experiential strategies of schema therapy and teaching pattern breaking methods and post-test implementation and summation. This research team identifies the schemas in the members and then treats the schemas of the people with the available techniques.

Category

Treatment - Other

2

Description

Control group: 20 people in the control group receive only the standard treatment

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Baran Psychology Counseling Center

Full name of responsible person

Sahar sadeghian

Street address

next to the second floor post office-Roudhan-Tehran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Ali Hassani Joshaghani

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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

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

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

Maryam goodarz

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Ossopational Health

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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
No - There is not 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