

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of self compassion training on the dimensions of psychological capital, self acceptance and psychological distress of divorced women

Protocol summary

Study aim

The effectiveness of self compassion training on the dimensions of psychological capital, self acceptance and psychological distress of divorced women

Design

Clinical trial with parallel control group, randomized, single center trial, Sample size 30 people.

Settings and conduct

Self-compassion training sessions are conducted based on the treatment plan (Gilbert) and according to the protocol in 12 sessions for people participating in this group. Welfare of Mashhad city.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Divorced women aged 25 to 45; Women whose divorce date is at least 5 years after their marriage. Exclusion Criteria: to receive individual counseling or drug therapy; participate in other treatment programs at the same time.

Intervention groups

Intervention group: Self-compassion training sessions are conducted based on the treatment plan (Gilbert) and according to the protocol in 12 sessions for people participating in this group. Control group: Only for comparison with intervention group, no treatment is performed.

Main outcome variables

Psychological capital; Unconditional acceptance.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151228025732N75**

Registration date: **2022-12-28, 1401/10/07**

Registration timing: **registered_while_recruiting**

Last update: **2022-12-28, 1401/10/07**

Update count: **0**

Registration date

2022-12-28, 1401/10/07

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

Country

Iran (Islamic Republic of)

Phone

+98 23 3345 1336

Email address

are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-26, 1401/10/05

Expected recruitment end date

2023-02-24, 1401/12/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of self compassion training on the dimensions of psychological capital, self acceptance and psychological distress of divorced women

Public title

The effectiveness of self compassion training on the dimensions of psychological capital, self acceptance and

psychological distress of divorced women

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Divorced women aged 25 to 45 Women whose divorce date is at least 5 years after their marriage
Exclusion criteria:
to receive individual counseling or drug therapy
participate in other treatment programs at the same time

Age
From **25 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Numbers 1 to 30 are written on paper and all of them are placed in sealed envelopes. Persons are then asked to select an envelope each. Persons whose number in the envelope is odd will be in the intervention group and patients whose number in the envelope is even will be in the control group.

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 (Shahrud Branch)
Street address
University Blvd, Shahrood
City
Shahrood
Province
Semnan
Postal code
3619943189

Approval date
2022-07-20, 1401/04/29

Ethics committee reference number

IR.IAU.SHAHROOD.REC.1401.029

Health conditions studied

1

Description of health condition studied

Psychology of divorced women

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes

1

Description

Psychological capital

Timepoint

Before and after the intervention

Method of measurement

Psychological capital questionnaire Luthans

2

Description

Unconditional acceptance

Timepoint

Before and after the intervention

Method of measurement

Unconditional self-acceptance questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Self-compassion training sessions are conducted based on the treatment plan (Gilbert) and according to the protocol in 12 sessions for people participating in this group.

Category

Rehabilitation

2

Description

Control group: Only for comparison with intervention group, no treatment is performed.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Welfare of Mashhad city
Full name of responsible person
Nemat Sotodeh
Street address
Behjat 8, Ayatollah Behjat St., Mashhad.
City
Mashhad
Province
Razavi Khorasan
Postal code
9741644355
Phone
+98 51 3223 8387
Email
are20935@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Esmail Alibeyki
Street address
University Blvd, Shahrood
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Email
are20935@gmail.com

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

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
Nemat Sotodeh
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

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Person responsible for updating data

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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

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