Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effectiveness of image therapy and object relations therapy on increasing self-differentiation and self-regulation in women with multiple divorces

Protocol summary

Study aim

The aim of this research was to compare the effectiveness of imago therapy and object relations therapy on the differentiation and self-regulation of repeatedly divorced women in Tehran.

Design

This research was a field experiment that was conducted as a semi-experimental with pre-test, post-test, follow-up and control group. Data was collected by questionnaire method. The participants were selected in a targeted way and replaced by a simple random method (lottery) in the groups of imago therapy (20 participants), object relations therapy (20 participants) and control group (20 participants). The participants in the intervention groups participated in therapy sessions, and during this time, the control group did not receive any intervention.

Settings and conduct

Online through WhatsApp virtual network

Participants/Inclusion and exclusion criteria

Entry requirements: not suffering from a chronic psychological or physical illness, having experience of divorce for 2 or more times, education of at least one cycle, not taking psychoactive drugs, drugs or alcohol, willingness to cooperate, availability for 6 months
Exclusion criteria included the following: absence from counseling sessions for more than one session, irregular attendance, and drug or alcohol addiction.

Intervention groups

Imagotherapy therapy group, object relations therapy group and control group

Main outcome variables

Imagotherapy and object relations therapy have been effective in increasing self-distinction and self-regulation of women participating in this research.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230322057762N1**
Registration date: **2023-06-07, 1402/03/17**
Registration timing: **retrospective**

Last update: **2023-06-07, 1402/03/17**
Update count: **0**

Registration date

2023-06-07, 1402/03/17

Registrant information

Name

Mojgan Hazratzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8802 2234

Email address

m.hazratzade@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-17, 1399/10/28

Expected recruitment end date

2021-03-18, 1399/12/28

Actual recruitment start date

2021-01-17, 1399/10/28

Actual recruitment end date

2021-03-18, 1399/12/28

Trial completion date

2021-11-15, 1400/08/24

Scientific title
Comparing the effectiveness of image therapy and object relations therapy on increasing self-differentiation and self-regulation in women with multiple divorces

Public title
Comparing the effectiveness of image therapy and object relations therapy on increasing self-differentiation and self-regulation in women with multiple divorces
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Not suffering from a chronic psychological or physical illness, having experienced divorce for 2 or more times, minimum cycle education, not taking psychoactive drugs, drugs or alcohol, willingness to cooperate, availability for 6 months
Exclusion criteria:
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Actual sample size reached: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
The participants were selected in a targeted way and replaced by a simple random method (lottery) in imagotherapy (20 people), object relations therapy (20 people) and control (20 people) groups.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Factorial
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
National Organization of Ethics in Biomedical Research
Street address
Quds settlement, between South Flamak and Zarafshan, Simai Iran St., Central Headquarters of the Ministry of Health, Treatment and Medical Education, Block A, 13th floor
City
Tehran
Province
Tehran
Postal code
1966
Approval date
2023-01-15, 1401/10/25
Ethics committee reference number
IR.IAU.BOJNORD.REC.1401.019

Health conditions studied

1

Description of health condition studied
Self-differentiation, self-regulation
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Self-differentiation, The participants' scores increased in their differentiation after receiving therapeutic interventions.
Timepoint
Immediately after the end of treatment, 3 months later and 6 months later
Method of measurement
Skowrn self-differentiation questionnaire

2

Description
Self_regulation
Timepoint
Immediately after the end of treatment, 3 months later and 6 months later
Method of measurement
Brown and Miller self-regulation questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Imagotheraphy. imagotherapy. Image therapy is a paradigm that works to increase communication between couples, improve developmental education, heal childhood injuries and increase differentiation, as well as restore contact between them. Image therapy is a communication model of couple therapy that uses emotional and cognitive behavioral interventions to facilitate understanding and

inner change of couples.

Category

Behavior

2

Description

Intervention group: Object relations therapy. Among subject relations theorists, there are basic areas of agreement that are the foundations of collective understanding; like personality is formed through experiences in early childhood relationships and creates internal representations of self-other. These representations serve as templates for current experiences and become more complex, differentiated, and flexible with natural development; conversely, psychological trauma as stoppage or disturbance in the evolution of these growth patterns

Category

Behavior

3

Description

Control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ehya Counseling and Psychological Services Center

Full name of responsible person

Mojgan Hazratzadeh

Street address

No. 1857, Bebin third and fourth alley, Jalal Al Ahmad intersection, North Kargar St., Tehran

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Phone

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Email

m.hazratzadeh@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University Of Bojnord Islamic Azad

Full name of responsible person

Mohammad AlizadehGhochani

Street address

North Khorasan Province, Bojnord, along South Shahrivar St. 17

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Province

North Khorasan

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9417694686

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lauqalizade@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

independently by the researcher

Proportion provided by this source

20

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

Bojnord Azad University

Full name of responsible person

MojganHazratzadeh

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Valiasr, between Motahari and Beheshti, Nahid Street, No. 18, Unit 2

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Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Azad Islamic Bojnord

Full name of responsible person

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Position

Phd Student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Title: Investigating the effectiveness of imagotherapy and object relations therapy on self-differentiation and self-regulation in women with frequent divorce. The data of this research will be published in the form of an article and will be available to the public.

When the data will become available and for how long

The access period starts after the results are printed

To whom data/document is available

The general public

Under which criteria data/document could be used

For researchers and people whose results of this study are related to their research work, the use of the results is unimpeded by mentioning the source.

From where data/document is obtainable

Sites related to research articles

What processes are involved for a request to access data/document

he results of this research are being submitted for acceptance in scientific-research journals of the country. After going through this process, applicants can access these results

Comments