Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of Cognitive Behavior Therapy on Shame/Guilt, Self- Esteem and Suicidal Ideation among Women Victims of Violence

Protocol summary

Study aim
The aim of this study is to investigate the effectiveness of cognitive behavior therapy (CBT) on reducing feelings of shame/guilt, improving self-esteem, and decreasing suicidal ideation among women who are victims of violence.

Design
Experimental Design (pre- and post test)

Settings and conduct
Shelter home ,NGOs

Participants/Inclusion and exclusion criteria
The terms inclusion and exclusion criteria relate to the makings that research participants must have to be considered for Participation and those that would rule them out. Women who meet the following criteria would be eligible to participate in research examining the effects of cognitive behavior therapy on shame/guilt, self-esteem, and suicidal thoughts among survivors of domestic abuse. Women, Participation in therapy, being over 18, having endured physical, sexual, or emotional abuse at some point of shame/guilt, low self-esteem, and suicidal ideation. While exclusion criteria refer to the characteristics that would disqualify someone from participating in the study, male and children,

Intervention groups
Experimental Group

Main outcome variables
Shame, guilt, low self-esteem, and suicidal ideation

General information

Reason for update

Acronym
"CBT", which stands for "Cognitive Behavior Therapy." Cognitive behavior therapy is a type of psychotherapy that focuses on helping individuals change their negative thought patterns and behaviors to improve their mental health and well-being.

IRCT registration information
IRCT registration number: **IRCT20230416057930N1**
Registration date: **2023-04-30, 1402/02/10**
Registration timing: **retrospective**

Last update: **2023-04-30, 1402/02/10**
Update count: **0**

Registration date
2023-04-30, 1402/02/10

Registrant information

Name
Noor Alam

Name of organization / entity

Country
Pakistan

Phone
+92 306 4867569

Email address
noormustafa0321@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-04-28, 1402/02/08

Expected recruitment end date
2023-04-28, 1402/02/08

Actual recruitment start date
2023-04-28, 1402/02/08

Actual recruitment end date
2023-04-28, 1402/02/08

Trial completion date
2023-04-28, 1402/02/08

Scientific title
Effectiveness of Cognitive Behavior Therapy on Shame/Guilt, Self- Esteem and Suicidal Ideation among Women Victims of Violence

Public title

Effectiveness of Cognitive Behavior Therapy on Shame/Guilt, Self- Esteem and Suicidal Ideation among Women Victims of Violence

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

The terms inclusion and exclusion criteria relate to the makings that research participants must have to be considered for Participation and those that would rule them out. Women who meet the following criteria would be eligible to participate in research examining the effects of cognitive behavior therapy on shame/guilt, self-esteem, and suicidal thoughts among survivors of domestic abuse. Women, Participation in therapy, being over 18, having endured physical, sexual, or emotional abuse at some point of shame/guilt, low self-esteem, and suicidal ideation.

Exclusion criteria:

While exclusion criteria refer to the characteristics that would disqualify someone from participating in the study, male and children,

Age

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

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **50**

Actual sample size reached: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is an essential part of research design in order to ensure that the results obtained from a study are valid and reliable. Randomization refers to the process of randomly assigning participants to different groups in a study, such as a treatment group or a control group, to minimize the effects of any potential confounding variables.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

experimental pre and post test

Secondary Ids

1

Registry name

Iranian

Secondary trial Id

69809

Registration date

2023-04-28, 1402/02/08

Ethics committees

1

Ethics committee

Name of ethics committee

islamia university of Bahawalpur

Street address

Islamia university of Bahawalpur aisha hall

City

Bahawalpur

Postal code

The postal code for

Approval date

2023-04-28, 1402/02/08

Ethics committee reference number

2060/A

Health conditions studied

1

Description of health condition studied

shame, guilt, low self-esteem, and suicidal ideation among victims of violence

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Decreed shame /guilt and suicidal ideation and increased self-esteem

Timepoint

45 minutes

Method of measurement

Guilt / Shame Proneness Scale (GASP) The Rosenberg Self-esteem Scale (Rosenberg, 1965). Beck Scale for Suicidal Ideation

Secondary outcomes

1

Description

CBT can be a highly effective treatment for women who have experienced violence and are struggling with shame and guilt, low self-esteem, and suicidal ideation. However, it is important to note that every individual's experience and needs are unique, and treatment should be tailored to meet the specific needs of each individual.

Timepoint

Culturally adapted cognitive behavioral therapy (CaCBT) using a manual named باسط کی کانی was Victims of Violence" Self-help guidance As individual therapy over the duration of two months (once per week),

Method of measurement
Informed ConsentGuilt / Shame Proneness Scale (GASP) (Cohen et al., 2011).The Rosenberg Self-esteem Scale (Rosenberg, 1965).Beck Scale for Suicidal Ideation (BSSI) (Beck & Steer, 1988).

Intervention groups

1

Description
Intervention groups: experimental and control groupsIn the second phase of the study, after that pre-test (screening), the sample was divided into two groups (experimental and control groups). This study aimed to investigate the effectiveness of cognitive behavior therapy in managing emotional problems, shame/guilt, self-esteem, and suicidal ideation among women victims of violence. A pre-test and post-test experimental research design with a control group was used, and 50 participants were randomly assigned to either the experimental or control group (n = 25 each).
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
islamia university of Bahawalpur
Full name of responsible person
islamia university of Bahawalpur
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
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Street address
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Web page address
https://www.google.com/.
Grant name
supporting study
Grant code / Reference number
2060/A
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Effectiveness of Cognitive Behavior Therapy on Shame/Guilt, Self- Esteem and Suicidal Ideation among Women Victims of Violence
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
Iran University of Medical Sciences
Full name of responsible person
islamia university of Bahawalpur
Position
student
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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Person responsible for updating data

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Web page address
https://www..com/page.

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
The decision to share individual participant data (IPD) in a study on the effectiveness of cognitive behavior therapy (CBT) on shame/guilt, self-esteem, and suicidal ideation among women victims of violence depends on several factors, including ethical considerations, legal requirements, and resource limitations.
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
Not applicable
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
Effectiveness of Cognitive Behavior Therapy on Shame/Guilt, Self- Esteem and Suicidal Ideation among Women Victims of Violence
When the data will become available and for how long
In general, data availability and duration depend on a variety of factors, including the nature of the data, the organization responsible for collecting or providing the data, and any relevant laws or regulations
To whom data/document is available
It's important to note that the availability of data or documents may be subject to legal or ethical considerations, such as privacy laws or data protection regulations. Additionally, some data or documents may be subject to confidentiality agreements or restrictions, which may limit who can access the information and how it can be used.
Under which criteria data/document could be used
By considering these criteria, data and documents can be used effectively and responsibly, ensuring that they are used to support valid and reliable conclusions or decisions.
From where data/document is obtainable
Shelter homes, NGOs, and overall population victims of violent women.
What processes are involved for a request to access data/document
It's important to note that in cases of violence against women, there may be additional legal protections in place to ensure the privacy and safety of the victim. Therefore, the process for accessing data/documents in these cases may be more complex and involve additional steps, such as obtaining a court order or working with an advocate or legal represent
Comments