

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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 کڑانی* 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

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Web page address

<https://www.google.com/>.

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

islamia university of Bahawalpur

Street address

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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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Full name of responsible person

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Person responsible for updating data**Contact****Name of organization / entity**

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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