

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effectiveness of emotional schema therapy on feeling of anhedonia and psychological distress of women with domestic violence experience

Protocol summary

Study aim

Determining the effectiveness of emotional schema therapy on feelings of joylessness and psychological distress in women with domestic violence experience.

Design

The clinical trial with an experimental group and a control group, single blind, sample size of 30 people, randomized, phase 2, lottery method was used for randomization.

Settings and conduct

Study location: Parse Counseling Center was in Robat Karim. The study population: all women with domestic violence experience who had referred to counseling and welfare centers in the southwest of Tehran province in 2021; One-sided blinding type; Blinding method: Those involved in the study (participants) assumed that all participants would receive the intervention, even if some did not.

Participants/Inclusion and exclusion criteria

Inclusion criteria: married women who are victims of one of the types of domestic violence as diagnosed by a forensic doctor, age range between 20 and 50 years, having literacy, ability to participate in meetings, willingness and informed consent to participate in the research. Non-inclusion criteria: suffering from an acute mental disorder, having obvious physical or psychological symptoms, taking psychiatric drugs and having substance abuse at the time of the research, simultaneous participation in other psychotherapy sessions.

Intervention groups

Intervention group: Emotional schema therapy; Emotional schema therapy training sessions of 12 90-minute sessions based on Leahy's training package (2016) were conducted individually on the experimental group. Control group: No intervention was done for the control group.

Main outcome variables

Anhedonia; psychological distress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230517058218N1**

Registration date: **2023-07-09, 1402/04/18**

Registration timing: **retrospective**

Last update: **2023-07-09, 1402/04/18**

Update count: **0**

Registration date

2023-07-09, 1402/04/18

Registrant information

Name

Afarin AghaMohammadSadegh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2229 7424

Email address

afi.sadeghi@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-10, 1400/02/20

Expected recruitment end date

2021-09-11, 1400/06/20

Actual recruitment start date

2021-06-15, 1400/03/25

Actual recruitment end date

2021-10-07, 1400/07/15

Trial completion date

2022-05-17, 1401/02/27

Scientific title

The effectiveness of emotional schema therapy on feeling of anhedonia and psychological distress of women with domestic violence experience	
Public title	The effectiveness of emotional schema therapy on women with domestic violence experience
Purpose	Education/Guidance
Inclusion/Exclusion criteria	Inclusion criteria: Married women who are the victims of one types of domestic violence as diagnosed by forensic medicine Age range between 20 and 50 years Being literate Ability to participate in meetings Willingness and informed consent to participate in the research Exclusion criteria: Suffering from an acute psychiatric and physical illness at the time of the research The existence of cognitive disorders and weakness in cognitive function Taking psychiatric drugs and having substance abuse at the time of the study Simultaneous participation in other psychotherapy sessions
Age	From 20 years old to 50 years old
Gender	Female
Phase	3
Groups that have been masked	Participant
Sample size	Target sample size: 30 Actual sample size reached: 29
Randomization (investigator's opinion)	Randomized
Randomization description	The method of random assignment to the intervention and control groups was to place 30 cards in a box with the letters of the English alphabet "M" and "C" equally written on them. Each patient randomly selected a card and entered the intervention or control group according to the letter written on the card.
Blinding (investigator's opinion)	Single blinded
Blinding description	Those involved in the study (participants) assumed that all participants received the intervention, although some did not.
Placebo	Not used
Assignment	Parallel
Other design features	
Secondary Ids	empty

Ethics committees
1
Ethics committee
Name of ethics committee
Ethics Committee of Department of Psychology; Faculty of Psychology; Tehran Islamic Azad University
Street address
Second West Unit, No 5, after Duqez Crossroad, Shahid Mahmoud Nouryan St, North Dibaji, Farmaniyeh
City
Tehran
Province
Tehran
Postal code
1953664415
Approval date
2022-10-04, 1401/07/12
Ethics committee reference number
IR.IAU.TMU.REC.1401.218

Health conditions studied

1
Description of health condition studied
Anhedonia-psychological distress
ICD-10 code
F32
ICD-10 code description
Major depressive disorder, single episode

Primary outcomes

1
Description
Anhedonia score in Snaith-Hamilton's hedonic questionnaire (1995)
Timepoint
At the beginning of the study (before the start of the intervention) and after the treatment protocol
Method of measurement
Snaith-Hamilton's hedonic questionnaire (1995)
2
Description
Psychological distress score in Kessler's Psychological Prescience Questionnaire (2002)
Timepoint
At the beginning of the study (before the start of the intervention) and after the treatment protocol
Method of measurement
Kessler's Psychological Prescience Questionnaire (2002)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this research, the experimental group received 12 sessions of 90-minute emotional schema therapy, based on Leahy's educational package (2016), individually.

Category

Other

2

Description

Control group: It did not receive any intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Parse Counseling and Welfare Center

Full name of responsible person

Mansoor Ali Mahdi

Street address

Imam Reza Complex, Amin 1st Alley, Jihad Street

City

Robat Karim

Province

Tehran

Postal code

3761113498

Phone

+98 21 5688 8312

Email

Parseh.psy@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Farshad Hashemian

Street address

Tehran Medical Science Unit , Tehran ,Iran
021-22006660-7, Address:Tehran Islamic Azad
University Of Medical Sciences Building Intersection
Of Karimi St. Shahid Mosivand St. Shariati St . Tehran
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Grant name

Grant code / Reference number

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

No

Title of funding source

Tehran Azad Islamic University of Medical Sciences

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

Mansoor Ali Mahdi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mansoor Ali Mahdi

Position

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Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Afarin AghaMohammad Sadegh

Position

Clinical master's student

Latest degree

Master

Other areas of specialty/work

Psychology

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Phone

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Email

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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

No - There is not 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

Not applicable

Title and more details about the data/document

The data related to this research is available as an Excel
file without mentioning identity information.

When the data will become available and for how long

After publishing the results.

To whom data/document is available

It will be available for researchers working in academic
and scientific institutions.

Under which criteria data/document could be used

There are no special conditions.

From where data/document is obtainable

Responsible author: Mansour Ali Mahdi Assistant
Professor of Psychology, Islamic Azad University, Tehran
Medical Sciences Unit, Tehran, Iran. Phone: 7-22006660,
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What processes are involved for a request to access data/document

Documents or files will be provided as soon as possible
after contacting the responsible author.

Comments