

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of self-compassion training on body image, self-esteem, and cognitive emotion regulation in women referring to beauty clinics

Protocol summary

Study aim

Determining the effect of self-compassion training on body image, self-esteem, and cognitive emotion regulation in women referring to beauty clinics

Design

A clinical trial with a control group, with parallel groups, without blinding, with a sample size of 40 people, which will be assigned into two intervention and control groups by random block design.

Settings and conduct

Sampling will be done in selected beauty clinics in Dezful city. The training sessions will be held as 8 sessions of 90 minutes as a group and once a week in a counseling center in Dezful city.

Participants/Inclusion and exclusion criteria

Women referring to beauty clinics will comprise the samples of this research. Inclusion criteria will include the age above 18 years, non-referral due to medical problems, ability to understand and speak Persian, and being literate in reading and writing. Exclusion criteria also will include severe illness or injury, being under other psychological treatment, suffering from severe psychiatric disorders, and having a drug addiction or abuse.

Intervention groups

Self-compassion training will be done in the intervention group. This program will be in the form of training and group discussion for 8 sessions of 90 minutes, which will be implemented weekly. Sessions will cover the basics of self-compassion, introducing the characteristics and skills of self-compassion and how it affects mental states, mental imagery, cultivating self-compassion and introducing the concepts of wisdom, ability, intimacy and responsibility, writing a letter of compassion and fear, and the fear of self-compassion and identifying thoughts hindering the cultivation of self-compassion. No intervention will be done in the control group.

Main outcome variables

body image, self-esteem, and cognitive emotion

regulation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230901059318N1**

Registration date: **2023-10-05, 1402/07/13**

Registration timing: **registered_while_recruiting**

Last update: **2023-10-05, 1402/07/13**

Update count: **0**

Registration date

2023-10-05, 1402/07/13

Registrant information

Name

Kobra Cheraghi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4253 0940

Email address

k.cheraghi11@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-11, 1402/06/20

Expected recruitment end date

2023-11-11, 1402/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-compassion training on body image, self-esteem, and cognitive emotion regulation in women referring to beauty clinics

Public title

The effect of self-compassion training on psychological components in women referring to beauty clinics

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age above 18 years Non-referral due to medical problems Ability to understand and speak Persian Being literate in reading and writing

Exclusion criteria:

Severe illness or injury Being under other psychological treatment Suffering from severe psychiatric disorders Having a drug addiction or abuse

Age

From **18 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

A quadruple random block design will be used to randomly assign the samples to two control and intervention groups. Code A will be assigned to the intervention group and code B will be assigned to the control group. Then the website: <https://www.sealedenvelope.com> will be used to determine the required random blocks and their sequence. In addition, sealed envelopes will be used to maintain concealment. Accordingly, based on the sequence of random blocks, cards with the letters A (for the intervention group) or B (for the control group) demonstrating the assignment sequence will be put inside the envelope. An envelope will then be opened for each participant in the study, respectively, and will be assigned to the study's groups based on the card inside the envelope.

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, Ahvaz branch

Street address

Azad University, Farhangshahr Blvd

City

Ahvaz

Province

Khuzestan

Postal code

6155954394

Approval date

2023-09-05, 1402/06/14

Ethics committee reference number

IR.IAU.AHVAZ.REC.1402.135

Health conditions studied

1

Description of health condition studied

training self-compassion and the psychological state of women visiting beauty clinics

ICD-10 code

ICD-10 code description

psychological

Primary outcomes

1

Description

Body image: It is the score obtained from the answers to the body image questionnaire of Cash and Pruzinsky (1983).

Timepoint

At the beginning of the study (before the start of the intervention) and immediately after the intervention

Method of measurement

Cash and Pruzinsky body image questionnaire

2

Description

Self-esteem: It is the score obtained from the answer to Rosenberg's self-esteem questionnaire.

Timepoint

At the beginning of the study (before the start of the intervention) and immediately after the intervention

Method of measurement

Rosenberg's self-esteem questionnaire

3

Description

Cognitive regulation of emotion: it is the score obtained from the response to the questionnaire on cognitive

regulation of emotion Garnefski and Kraaij (2006).

Timepoint

At the beginning of the study (before the start of the intervention) and immediately after the intervention

Method of measurement

Garnefski and Kraaij's cognitive regulation of emotion questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Self-compassion training will be done in the intervention group. This program will be in the form of training and group discussion for 8 sessions of 90 minutes, which will be implemented weekly. Sessions will cover the basics of self-compassion, introducing the characteristics and skills of self-compassion and how it affects mental states, mental imagery, cultivating self-compassion and introducing the concepts of wisdom, ability, intimacy and responsibility, writing a letter of compassion and fear, and the fear of self-compassion and identifying thoughts hindering the cultivation of self-compassion.

Category

Behavior

2

Description

Control group: No intervention will be done in the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ara Dermatology Clinic

Full name of responsible person

Saeed tavakoli neghad

Street address

Second floor, Imam Ali Clinic, Roosta Street

City

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Province

Khouzestan

Postal code

6461851105

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+98 61 4227 0634

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dr_saeedtn@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Maryam gholamzade jefre

Street address

Azad University, Farhanshahr Blvd

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6134937333

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Gholamzadeh.m723@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

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

Islamic Azad University

Full name of responsible person

Maryam gholamzade jefre

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Kobra Cheraghi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

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Other areas of specialty/work

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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

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The information about the pre-test and post-test of the participants will be published after the end of the study.

When the data will become available and for how long

The data access period begins after the results are published.

To whom data/document is available

Researchers

Under which criteria data/document could be used

Researchers who need data to conduct research under common scientific and humanitarian ethical standards can submit their request by email.

From where data/document is obtainable

You should send your request to these two emails: fv.foroughi@gmail.com and Gholamzadeh.m723@gmail.com

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

The researcher sends her request in writing to the mentioned two emails. Then, request will be reviewed and if approved, the data will be sent.

Comments