Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effectiveness of self-compassion therapy on vulnerable narcissism, self-worth and depression in divorced women

Protocol summary

Study aim

Determining the effectiveness of self-compassion therapy on vulnerable narcissism, self-worth and depression in divorced women

Design

Type of research, semi-experimental with per-test-post-test design and experimental and control group, sample size 20 people, two parallel groups of 10 people

Settings and conduct

divorced women who referred to counseling centers and psychological services in the city of Ashkhane, located in Maneh and Samalghan cities.

Participants/Inclusion and exclusion criteria

The statistical population of this research included 34 divorced women who referred to counseling centers and psychological services in the city of Ashkhane, located in Maneh and Samalghan cities. Among these people, 20 qualified and applicants were selected to participate in the research. The sampling method in this study was accessible and targeted.

Intervention groups

First, the sample size was selected and divorced women were examined by filling out questionnaires, the remaining samples were randomly divided into two equal groups of experiment (intervention) and control. The subject of the research was explained to the experimental and control groups. Then they were assured that the questionnaire data would be used only for research purposes. After obtaining the consent of the subjects, questionnaires (self-compassion, narcissistic personality, self-worth, depression) were distributed. After completing the questionnaires, the experimental group underwent 8 sessions of training based on compassion therapy by Neff et al. 1 session per week and each session lasted 60 minutes (1 hour), but the control group did not receive the mentioned training program. After the sessions, the post-test phase was also implemented.

Main outcome variables

Independent variables : self-compassion therapy ,Dependent variables : vulnerable narcissism, self-esteem and depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240129060847N1**
Registration date: **2024-02-11, 1402/11/22**
Registration timing: **retrospective**

Last update: **2024-02-11, 1402/11/22**
Update count: **0**

Registration date

2024-02-11, 1402/11/22

Registrant information

Name

Arezou Hassani so-sahab

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 58 3234 0673

Email address

hasaniarezu396@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-30, 1402/11/10

Expected recruitment end date

2024-02-06, 1402/11/17

Actual recruitment start date

2024-01-30, 1402/11/10

Actual recruitment end date

2024-02-06, 1402/11/17

Trial completion date

2024-02-07, 1402/11/18

Scientific title

Investigating the effectiveness of self-compassion therapy on vulnerable narcissism, self-worth and depression in divorced women

Public title

The effect of self-compassion therapy on vulnerable narcissism, self-worth, and depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Obtaining high scores of narcissistic personality questionnaire Obtaining high scores of depression questionnaire Obtaining low scores of self-esteem questionnaire

Exclusion criteria:

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **34**

Actual sample size reached: **20**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization, randomization, or random assignment is a research method that allows researchers to make causal inferences and make informed decisions. Randomization means that participants in a study are randomly assigned to different treatment or control conditions. This is done in order to control for extraneous variables that may affect the dependent variable of interest.Factorial randomization: In this method, we test several interventions or treatments simultaneously.

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

Islamic Azad University-Semnan branch

Street address

North Khorasan, Maneh and Selqman cities, Ashkhane city, Farhangian town, Shahid Vahidi boulevard, Imamat street, Imamat 5, next to Shehran seminary

City

Mane and Samlaqan of Ashkhane city

Province

North Khorasan

Postal code

9451814262

Approval date

2024-01-28, 1402/11/08

Ethics committee reference number

IR.IAU.SEMNAN.REC.1402.071

Health conditions studied

1

Description of health condition studied

vulnerable narcissism and depression

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Obtaining a high score in the questionnaires of vulnerable narcissism and depression and low scores in self-esteem

Timepoint

Before starting treatment on the first day - after finishing the intervention on the fifteenth day

Method of measurement

Narcissistic Personality Questionnaire by Pinks et al. (2009), Self-esteem Questionnaire by Crocker et al. (2003), Beck Depression Questionnaire (1996)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: First, the sample size was selected and divorced women were examined by filling out questionnaires, the remaining samples were randomly divided into two equal groups of experiment (intervention) and control. The subject of the research was explained to the experimental and control groups. Then they were assured that the questionnaire data would be used only for research purposes. After obtaining the consent of the subjects, questionnaires (self-compassion, narcissistic personality, self-worth, depression) were distributed. After completing the

questionnaires, the experimental group underwent 8 sessions of training based on compassion therapy by Neff et al. 1 session per week and each session lasted 60 minutes (1 hour), but the control group did not receive the mentioned training program. After the sessions, the post-test phase was also implemented.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
No medicalcenter

Full name of responsible person
-

Street address
North Khorasan, Maneh and Selqman cities, Ashkhane city, Farhangian town, Shahid Vahidi boulevard, Imamat street, Imamat 5, next to Shehran seminary

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Maneh and Selqman cities, Ashkhane city

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hasaniarezu396@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Semnan University of Medical Sciences

Full name of responsible person
Mohammad Karim Sohrabi

Street address
Semnan - km 5 of Damghan Road - in front of Semnan Customs

City
Semnan

Province
Semnan

Postal code
37111-35131

Phone
+98 23 3165 6565

Email
info@semnania.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Islamic Azad University, Semnan branch

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
Semnan University of Medical Sciences

Full name of responsible person
Medical Sciences Semnan

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
North Khorasan, Maneh and Selqman cities, Ashkhane city, Farhangian town, Shahid Vahidi boulevard, Imamat street, Imamat 5, next to Shehran seminary

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Person responsible for scientific inquiries

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Name of organization / entity
Semnan University of Medical Sciences

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Arezou Hasani Soshab

Position
Masters student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available