

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 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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+98 58 3234 0673

Email

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

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Semnan University of Medical Sciences

Full name of responsible person

Arezou Hasani Soshab

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Arezou Hasani Sosahab

Position

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Other areas of specialty/work

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Mane and Samlaqan of Ashkhane city

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