Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of compassion-based therapy on forgiveness, self-criticism, and repetitive negative thoughts in women affected by marital infidelity.

Protocol summary

Study aim
Determining the effectiveness of compassion-based therapy on forgiveness, self-criticism, and repetitive negative thoughts in women affected by marital infidelity

Design
The clinical trial will use a pretest-posttest design with experimental and control groups, and individuals will be randomly assigned to the experimental and control groups.

Settings and conduct
This study will use a field experimental research method and a pre-test-post-test design with experimental and control groups. All information is confidential.

Participants/Inclusion and exclusion criteria
1. Have at least a high school diploma; 2. Have been married for at least three years; 3. More than six months have passed since their spouse's infidelity was revealed; 4. Have completed the consent form at the location; 5. Have filed for divorce due to their spouse's infidelity

Intervention groups
The experimental group receives compassion-based therapy. Compassion-based therapy is a form of evidence-based therapy that specifically targets the development of compassion. It emphasizes enhancing the ability to be aware of suffering as well as the motivation and ability to heal or prevent it. The control group receives no treatment.

Main outcome variables
Compassion-centered therapy focuses on forgiveness, self-criticism, and repetitive negative thoughts.

General information

Reason for update

Acronym
CFT

IRCT registration information
IRCT registration number: **IRCT20250524065879N1**
Registration date: **2025-06-08, 1404/03/18**
Registration timing: **prospective**

Last update: **2025-06-08, 1404/03/18**
Update count: **0**

Registration date
2025-06-08, 1404/03/18

Registrant information

Name
Zahra Ghaffari
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 61 3551 7769
Email address
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-06-10, 1404/03/20

Expected recruitment end date
2025-06-26, 1404/04/05

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of compassion-based therapy on forgiveness, self-criticism, and repetitive negative thoughts in women affected by marital infidelity.

Public title
Treatment effectiveness
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Have at least a high school diploma. They have been living together for at least one year. More than six months have passed since their spouse's infidelity was revealed. They are filing for divorce due to their spouse's infidelity.
Exclusion criteria:
Having a physical illness that interferes with the treatment process Taking psychiatric medications
Age
From **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple Randomization: In this method, each participant is randomly assigned to one of the groups. 1-A list of the individuals who have visited is prepared, and 30 eligible individuals are randomly selected. 2-Each individual is randomly assigned a number using a lottery system. 3-Individuals are randomly placed into two groups (experimental and control).
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Pre-test and post-test design with experimental and control groups

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Islamic Azad University, Ahvaz
Street address
No. 70, Qepani Zanganeh Street, Zibashahr
City
Ahwaz
Province
Khouzestan
Postal code
6184863157
Approval date
2025-05-03, 1404/02/13
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.012

Health conditions studied

1

Description of health condition studied
Damage from marital infidelity
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Damage from marital infidelity
Timepoint
At the beginning of the study and before the intervention began
Method of measurement
Interview

2

Description
Forgiveness
Timepoint
Before the study begins and lasts two months
Method of measurement
Forgiveness refers to the score that subjects obtain from responding to the forgiveness questionnaire of Ray et al. (2001).

3

Description
Self-criticism
Timepoint
Before the study begins and lasts two months
Method of measurement
The term “self-criticism” refers to the score that participants obtain from responding to the self-criticism questionnaire by Thompson and Zuroff (2004).

4

Description
Repetitive negative thoughts
Timepoint
Repetitive negative thoughts
Method of measurement
The term “repetitive negative thoughts” refers to the score that participants obtain from responding to the repetitive thoughts questionnaire by McEvoy et al. (2014).

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: Self-compassion is defined as a three-component construct consisting of mindfulness, kindness, and a sense of shared humanity with oneself. The combination of these three interrelated components characterizes an individual who practices self-compassion (Neff, 2012). Compassion-focused therapy is a form of evidence-based therapy that specifically targets the development of compassion. It emphasizes enhancing the ability to be aware of suffering as well as the motivation and ability to heal or prevent it.

Category
Behavior

2

Description
Control group: 15 participants in the control group who do not receive any treatment.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Counseling Center

Full name of responsible person
Zahra Ghafari

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No. 70, Qepani Zanganeh St., Zibashahr

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
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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
Zahra Ghafari

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
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Zahra Ghafari

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Family counseling

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Person responsible for scientific inquiries

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Person responsible for updating data

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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
Participant data is completely confidential and I do not intend to publish it.

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document
Participant data is completely confidential and I do not intend to publish it.

When the data will become available and for how long
I don't have a timeframe for publishing the data.

To whom data/document is available
I do not intend to publish the data.

Under which criteria data/document could be used
I do not intend to publish the data.

From where data/document is obtainable
I do not intend to publish the data.

What processes are involved for a request to access data/document
I do not intend to publish the data.

Comments