Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of trauma-focused cognitive behavioral therapy on feelings of guilt, emotional self-regulation, and attachment style of women victims of domestic violence

Protocol summary

Study aim

The aim of this study is to investigate the effectiveness of trauma-based cognitive behavioral therapy on guilt, emotional self-regulation, and attachment style in women victims of domestic violence trauma in the Ahvaz city welfare center.

Design

The study design includes an experimental group consisting of 15 women who are victims of domestic violence at the Ahvaz Welfare Center and a control group consisting of 15 women who are victims of domestic violence at the Ahvaz Welfare Center. A clinical trial with experimental and control groups will be conducted using a simple randomization method in a sample size of 92 people, 30 of whom will meet the inclusion criteria through a questionnaire.

Settings and conduct

Study location: Welfare Center in Ahvaz city; Study population: women victims of domestic violence; Type of blinding: Blinding is not performed in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being female; victims of domestic violence; residing in the Ahvaz city welfare center. Exclusion criterion: unwillingness to participate in the research study.

Intervention groups

Intervention group: 15 women victims of domestic violence in the Ahvaz city welfare center, where the intervention will be implemented based on the trauma-focused cognitive behavioral therapy charter in this group and will be post-tested after the end of the intervention. Control group: 15 women victims of domestic violence in the Ahvaz city welfare center, where the intervention will be post-tested without the implementation of the trauma-focused cognitive behavioral therapy charter.

Main outcome variables

Guilt; Emotional self-regulation; Attachment style

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250616066202N2**
Registration date: **2025-09-07, 1404/06/16**
Registration timing: **prospective**

Last update: **2025-09-07, 1404/06/16**
Update count: **0**

Registration date

2025-09-07, 1404/06/16

Registrant information

Name

Reza davasaz irani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 61 3333 6919

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-20, 1404/06/29

Expected recruitment end date

2025-10-21, 1404/07/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effectiveness of trauma-focused cognitive behavioral therapy on feelings of guilt, emotional self-regulation, and attachment style of women victims of domestic violence

Public title
The effectiveness of trauma-focused cognitive behavioral therapy on domestic violence

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Women victims of domestic violence in the Ahvaz city welfare center Completing the informed consent form
Exclusion criteria:
Dissatisfaction with participating in a research study

Age
From **18 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **92**

Randomization (investigator's opinion)
Randomized

Randomization description
Code Assignment: Each of the 30 participants will be assigned a unique identification code (from 1 to 30). Random Sequence Generation: Using the website www.random.org (which is a reputable random number generator service), a random list of numbers from 1 to 30 will be generated. Group Assignment: The first 15 numbers from this random list will be considered the “experimental” group and the next 15 numbers will be considered the “control” group. Implementation: The names of the participants corresponding to the codes selected for each group will be identified and assigned to the corresponding group.

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 of Ahvaz Branch
Street address
Islamic Azad University, Ahvaz Branch- Farhang Shahr-Golestan higway
City
ahvaz
Province
Khouzestan
Postal code
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Approval date
2025-05-15, 1404/02/25

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.077

Health conditions studied

1

Description of health condition studied
Women victims of domestic violence exposed to trauma

ICD-10 code
F43.1

ICD-10 code description
Post-traumatic stress disorder (PTSD)

Primary outcomes

1

Description
Feelings of guilt

Timepoint
Measurement of guilt at the beginning of the study (before the intervention, week one) and immediately after the end of the last intervention session (week eight)

Method of measurement
Kugler and Jones Guilt Questionnaire

2

Description
Emotional self-regulation

Timepoint
Measurement of emotional self-regulation at the beginning of the study (before the intervention, week one) and immediately after the end of the last intervention session (week eight)

Method of measurement
Emotional Self-Regulation Questionnaire (Emotional Styles)

3

Description
Attachment style

Timepoint
Attachment style measurement at the beginning of the

study (before the start of the intervention, the first week) and immediately after the end of the last intervention session (the eighth week).

Method of measurement

Adult Attachment Style Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The therapeutic intervention will be implemented in the experimental group and then a post-test will be administered. The intervention will be implemented in the form of trauma-based cognitive behavioral therapy in eight sessions. One 90-minute session will be held each week and the course will last two months. The first session: Introduction and interview with the subjects. The second session: Psychological preparation regarding trauma and recognition of different types of emotions. Session Three: Emotional skills, including emotional adjustment skills, including identifying and rating emotions and emotional self-regulation training. Session Four: Relaxation skills training, progressive muscle relaxation and deep breathing, relaxation skills. Session Five: Trauma narration and post-traumatic experience processing, trauma sharing. Sixth session: Examining guilt and attachment styles, identifying attachment styles and emotional and behavioral barriers. Emotional barriers. Seventh session: Prevention and training in coping strategies. Eighth session: Conclusion, summary and explanation for preventing relapse.

Category

Treatment - Other

2

Description

No intervention is performed in the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Welfare centers in Ahvaz city

Full name of responsible person

Mohsen Hosseinpour

Street address

Phase1, West Esfand Gharbi Street, Kianpars Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Shahram Lak

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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

Islamic Ahvaz University, Ahvaz Branch

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

Reza Davasaz Irani

Position

Guest Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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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
There is no further information.

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