Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of emotional schema therapy on maladaptive schemas and distress tolerance in divorced women.

Protocol summary

Study aim
To examine the effectiveness of Emotional Schema Therapy on maladaptive schemas and distress tolerance in divorced women

Design
A quasi-experimental study with pretest-posttest and control group is planned. 32 divorced women aged 25-45 years were purposively selected and were to be divided into two experimental and control groups (16 people in each group).

Settings and conduct
This quasi-experimental study with pretest-posttest control design will be conducted. The experimental group will receive 10 weekly 90-minute sessions of Emotional Schema Therapy, while the control group will be on a waiting list. Post-tests will be administered for both groups. The study will take place in

Participants/Inclusion and exclusion criteria
Inclusion: Divorced women 25–45 years, divorced ≤5 years, willing to participate, attending sessions regularly.Exclusion: Missing >2 sessions, lack of cooperation, medication use, or psychotic symptoms.

Intervention groups
Experimental group: 10 weekly 90-minute group sessions of Emotional Schema Therapy.Control group: Waiting list; no intervention during the study; therapy offered after study completion.

Main outcome variables
Young's Early Maladaptive Schemas Questionnaire score, Distress Tolerance Scale score

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250819066919N1**
Registration date: **2025-11-11, 1404/08/20**
Registration timing: **retrospective**
Last update: **2025-11-11, 1404/08/20**
Update count: **0**

Registration date
2025-11-11, 1404/08/20

Registrant information

Name
Neda Amiri

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 54 3522 2755

Email address
n.amiri8668@iau.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-08-19, 1404/05/28

Expected recruitment end date
2025-09-21, 1404/06/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of emotional schema therapy on maladaptive schemas and distress tolerance in divorced women.

Public title
The effectiveness of emotional schema therapy on maladaptive schemas and distress tolerance of divorced women.

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Women who have separated from their husbands within the past 5 years Minimum education level: Diploma People with normal intelligence Absence of chronic physical illness Regular attendance at intervention sessions People who were willing to participate in this research

Exclusion criteria:

Use of psychiatric medications in the past three months Having severe psychiatric disorders, such as psychotic disorders (based on clinical interview or medical records) Receiving other psychotherapy interventions at the same time

Age

From **25 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the Faculty of Medical Sciences, Islamic Azad University, Zahedan Branch

Street address

No. 10, Imam Khomeini Street 6

City

Nikshahr

Province

Sistan-va-Balouchestan

Postal code

9991613761

Approval date

2025-08-18, 1404/05/27

Ethics committee reference number

IR.IAU.ZAH.REC.1404.057

Health conditions studied

1

Description of health condition studied

Effectiveness of Emotional Schema Therapy on maladaptive schemas and distress tolerance in divorced women.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Early maladaptive schema score

Timepoint

Measurements were taken before the start of the intervention (pre-test) and after the end of 10 treatment sessions (post-test).

Method of measurement

Early maladaptive schemas: Measured with Young's Early Maladaptive Schemas Questionnaire - Short Version. A higher score indicates greater severity of the schemas.

2

Description

distress tolerance score

Timepoint

Measurements were taken before the start of the intervention (pre-test) and after the end of 10 treatment sessions (post-test).

Method of measurement

Distress tolerance: Measured with the Simmons and Gahr Distress Tolerance Scale. A higher score indicates greater distress tolerance.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Participants will attend 10 90-minute group emotional schema therapy sessions once a week. The sessions will include training and practice in identifying and modifying early maladaptive schemas, increasing emotional awareness, accepting emotions, and improving emotion regulation strategies.

Category

Other

2

Description

Control group: Does not receive any intervention and only participates in the pre-test and post-test. After the

end of the study, the same treatment as the experimental group will be provided to the members of this group.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Nikshahr County Welfare Department

Full name of responsible person
Neda AMIRI

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No. 10, 6th Imam Khomeini Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mahmoud Imani

Street address
No. 10, 6th Imam Khomeini Street

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n.amiri8668@iau.ir

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
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
Islamic Azad University

Full name of responsible person
Neda Amiri

Position
Master's student in clinical psychology

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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Person responsible for scientific inquiries

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Full name of responsible person
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Person responsible for updating data

Contact

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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
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Individual participant data can be shared after complete removal of identifying information. Sharing will include general demographic variables, primary outcome, and related variables.
When the data will become available and for how long
Access start time: 6 months after publication of the main study results
To whom data/document is available
All interested researchers (whether academic or independent) can submit a request to receive the data. The main condition is compliance with the principles of confidentiality and the presentation of a transparent research plan.
Under which criteria data/document could be used
It is permitted for non-commercial research and educational purposes only. Use must be in accordance with the approved proposal and ethical clearance. Re-identification of individuals and transfer of data to third parties is prohibited.
From where data/document is obtainable
First priority: Email: n.amiri8668@iau.ir Second priority: Phone: 00989150454080 Third priority: Post: Nikshahr, Imam Khomeini Street, behind the Central Telecommunications Office Applicants must first complete and submit the initial application form. After scientific and ethical review by the Data Committee, access to data or documentation will be provided to the applicant.
What processes are involved for a request to access data/document
The applicant submits the data request form along with the proposal and required documents. Scientific and ethical review is conducted by the relevant committee (4–6 weeks). If approved, the data use agreement is signed and anonymized data is prepared (1–2 weeks). Total time to receive data: approximately 6–8 weeks.
Comments