

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

#### Protocol summary

##### Study aim

Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

##### Design

This research design uses a control group, with parallel groups, selected through a purposive non-random method, and then, through simple random drawing, 45 people are selected and placed into two experimental groups and one control group. Blinding was not performed.

##### Settings and conduct

In this semi-experimental study, a pre-test and post-test design with a follow-up phase will be used. The statistical population includes all female students who are victims of domestic violence in the second year of secondary school in Ahvaz, who are selected through a purposive random method through a questionnaire on violence against women. Then, 45 people are divided into two experimental groups and a control group by simple random method, and both intervention methods will be implemented in the Mehregan Clinic.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Age range 15-18 years, having a history of physical, psychological, or emotional violence by parents or caregivers, exclusion criteria: current diagnosis of psychosis, bipolar disorder, or severe neurodevelopmental disorders, taking medications such as antidepressants or tranquilizers

##### Intervention groups

Group 1: Narrative exposure therapy helps people make sense of their own experiences and actions. Group 2: Integrated transdiagnostic therapy. This approach changes emotional self-regulation habits and reduces the

frequency and intensity of maladaptive emotional habits, thereby reducing the amount of harm. Group 3: The control group receives no intervention.

##### Main outcome variables

Self-esteem, emotional alexithymia, self-injurious behaviors, and cognitive fusion

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20260122068635N1**

Registration date: **2026-02-16, 1404/11/27**

Registration timing: **registered\_while\_recruiting**

Last update: **2026-02-16, 1404/11/27**

Update count: **0**

##### Registration date

2026-02-16, 1404/11/27

##### Registrant information

##### Name

Mitra Shamsi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 3337 7721

##### Email address

mitra.shamsi@iau.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2026-02-09, 1404/11/20  
**Expected recruitment end date**  
2026-05-10, 1405/02/20  
**Actual recruitment start date**  
empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

**Scientific title**  
Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy on self-esteem, emotional alexithymia, self-harming behaviors, and cognitive fusion in female students who are victims of domestic violence

**Public title**  
Comparing the effectiveness of narrative exposure therapy and integrated transdiagnostic therapy

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Age range 15 to 18 years Having a history of physical violence from parents and caregivers Having a history of mental or emotional problems from parents or caregivers  
**Exclusion criteria:**  
Current diagnosis of psychosis, bipolar disorder, or severe neurodevelopmental disorders Taking medications such as antidepressants or tranquilizers

**Age**  
From **15 years** old to **18 years** old

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **45**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Students who are eligible and have the opportunity to cooperate will be selected based on a purposeful non-random method, and among them, 45 students will be selected by simple random method (drawing) and the randomization unit will be the same person, and then they will be divided into three groups (two experimental groups and one control 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

Farhang Shahr , Islamic Azad University, Ahvaz, Golestan HighwayBranch,

##### City

ahvaz

##### Province

Khouzestan

##### Postal code

۶۱۳۴۹-۳۷۳۳۳

#### Approval date

2026-01-14, 1404/10/24

#### Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.603

## Health conditions studied

### 1

#### Description of health condition studied

Domestic violence

#### ICD-10 code

R45.6

#### ICD-10 code description

Physical violence

## Primary outcomes

### 1

#### Description

Domestic violence

#### Timepoint

Before intervention, after intervention, two months after intervention

#### Method of measurement

The score that the subject will obtain from the Haj-Yahya (2001) Domestic Violence Questionnaire.

### 2

#### Description

Self-esteem

#### Timepoint

Before intervention, after intervention, two months after intervention

#### Method of measurement

The score that the subject will obtain from the Rosenberg Self-Esteem Questionnaire (1965).

### 3

#### **Description**

Emotional alexithymia

#### **Timepoint**

Before intervention, after intervention, two months after intervention

#### **Method of measurement**

It is the score that the subject will obtain from the Bigby et al. (1994) Emotional Alexithymia Questionnaire.

### 4

#### **Description**

Self-harming behaviors

#### **Timepoint**

Before intervention, after intervention, two months after intervention

#### **Method of measurement**

The score that the subject will obtain from the Sanson et al. (1998) Self-Injurious Behaviors Questionnaire.

### 5

#### **Description**

Cognitive fusion

#### **Timepoint**

Before intervention, after intervention, two months after intervention

#### **Method of measurement**

The score that the subject will obtain from the cognitive fusion questionnaire of Gillanders et al. (2014).

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

First intervention group: Narrative exposure therapy, first session: introduction, explanation of the intervention and expectations from the group, introduction of skills, statement of goal, comprehensive assessment, establishment of good relationship, familiarization with narrative therapy, case study, life narrative and description of problematic stories. Second session: objectification and externalization of the problem, naming the problem, identifying problematic words and beginning metaphor-making. Third session: continuation of metaphor-making, examination of problematic metaphors and their relationship with the life narrative and taking a position on the problem, beginning deconstruction. Fourth session: Destruction phase: Destruction of the problem by life exceptions, narrative analysis, attitude towards the problem and the mutual effects of the individual and the problem. Fifth session: Reconstruction: new metaphors, mental representations of life situations with a new metaphor, creation of reality by the individual and beginning narrative-making. Sixth session: Enrichment of the new story using unique

strategies, examination of the story and its meaning for the future. Seventh session: Consolidation phase: Living in the new story, answering questions and rewriting. Stories from the past, Session 8: Examining the meaning of life, external documentation, enriching and encouraging the individual to continue the story, conducting a post-test.

#### **Category**

Behavior

### 2

#### **Description**

Second intervention group: Session 1: Increasing motivation and engagement with treatment Session 2: Psychological training and tracking of emotional experiences Session 3: Emotional awareness training Session 4: Cognitive reappraisal Session 5: Emotional avoidance and emotion-induced behaviors Session 6: Awareness and tolerance of physical feelings Session 7: Situation-based visceral and emotional confrontation Session 8: Relapse prevention

#### **Category**

Behavior

### 3

#### **Description**

Control group: No intervention will be made.

#### **Category**

Behavior

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Mehregan Counseling Center

##### **Full name of responsible person**

mitra shamsi

##### **Street address**

National Drilling Town, No. 18, Fatah 1 Street

##### **City**

ahvaz

##### **Province**

Khouzestan

##### **Postal code**

۶۱۶۶۶۳۸۳۶۱

##### **Phone**

+98 61 3441 0426

##### **Email**

artiim.sh@gmail.com

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Islamic Azad University

##### **Full name of responsible person**

Dr. Pejman Taghipour Birgani

**Street address**

Farhang Shahr, Islamic Azad University of  
Ahvaz, Golestan Highway

**City**

ahvaz

**Province**

Khuzestan

**Postal code**

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**Phone**

+98 61 3334 8320

**Email**

p\_taghipour@iauahvaz.ac.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**

mitra shamsi

**Position**

PhD student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

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**Postal code**

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**Person responsible for scientific**

**inquiries**

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Dr. Fariba Hafezi

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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dr.hafezi@gmail.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

mitra shamsi

**Position**

PhD student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Email**

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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**

The data information is confidential and I do not intend to publish it.

**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**

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

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable