Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of compassion-focused therapy and schema therapy on inhibition, communication beliefs and emotional self-disclosure in women seeking divorce referring to psychological centers

Protocol summary

Study aim

Comparing the effectiveness of compassion-focused therapy and schema therapy on inhibition, communication beliefs and emotional self-disclosure in women seeking divorce referring to psychological centers

Design

clinical trials of the control group , with parallel groups , were selected by purposive sampling .then by simple random sampling method , 45 people who were selected were selected .two groups of experimental and control groups were placed .blinded has not been done .

Settings and conduct

In this study, a quasi-experimental research method with a pre-test and post-test design with a follow-up phase will be used. This study will be conducted on women seeking divorce referring to psychological clinics in Tehran (age range 25-45 years). 45 women will be selected based on the inclusion criteria using purposive sampling and randomly assigned to one of two experimental and control groups. Data will be analyzed using repeated measures analysis of variance. Blinding has not been performed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: psychological hardiness and high distress tolerance , participation in research ,divorce women aged 25 - 45 Exclusion criteria: acute mental disorders in a person , physical disorders in a person

Intervention groups

1 - focused therapy on compassion : it is one of the fledgling treatment of the third generation , which is assumed to be used in addition to techniques that are used to reduce negative emotions (such as anxiety , anger , and fear) . 2 schema therapy : principles and foundations of cognitive - behavioral schools , attachment , gestalt , object relations , constructivist and روانکاوی have integrated into a valuable therapeutic model and conceptual model .

Main outcome variables

inhibition, communication beliefs and emotional self-disclosure

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260413069065N1**
Registration date: **2026-05-02, 1405/02/12**
Registration timing: **prospective**

Last update: **2026-05-02, 1405/02/12**
Update count: **0**

Registration date

2026-05-02, 1405/02/12

Registrant information

Name

Mojdeh sadat Hamidian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8836 6955

Email address

mozhdeh.hamidian@iau.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-05-10, 1405/02/20

Expected recruitment end date

2026-08-11, 1405/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of compassion-focused therapy and schema therapy on inhibition, communication beliefs and emotional self-disclosure in women seeking divorce referring to psychological centers

Public title

Comparing the effectiveness of compassion-focused therapy and schema therapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

having mental toughness and high distress tolerance participation in research women applicant for divorce appeal to psychological clinic age category : 25 - 45 years.

Exclusion criteria:

acute mental disorders in a person physical disorders

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: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

After being selected, the eligible samples will be allocated to two intervention groups and one control group by simple randomization. For concealment, we use allocation concealment, which refers to the method used to perform a random sequence on study participants in such a way that the assigned group is not known before the individual is allocated. Using opaque sealed envelopes with a random sequence (Sealed, Sequentially, Envelopes, Numbered), this method records each of the random sequences created on a card and places the cards inside the envelopes in order. In order to maintain the random sequence, the outer surface of the envelopes is numbered in the same order.Finally, the envelopes are sealed and placed in a box in order. At the start of participant registration, based on the order in which eligible participants enter the study, one of the envelopes is opened in order to reveal the participant's assigned 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 kerman University of Islamic Azad

Street address

kerman , islamic azad university of kerman, vali asr boulevard

City

kerman

Province

Kerman

Postal code

7635168111

Approval date

2025-12-01, 1404/09/10

Ethics committee reference number

IR.IAU.KERMAN.REC.1404.241

Health conditions studied

1

Description of health condition studied

women applicant for divorce

ICD-10 code

Z63.5

ICD-10 code description

Disruption of family by separation and divorce

Primary outcomes

1

Description

inhibition

Timepoint

before intervention , after intervention , two months after the intervention

Method of measurement

the score is that the answers obtained from the tanje - control questionnaire (2004) .

2

Description

communication beliefs

Timepoint

before intervention , after intervention , two months after the intervention

Method of measurement

the scores that responded to the questionnaire of iydlson vapshtain (1982) questionnaire .

3

Description
emotional self-disclosure
Timepoint
before intervention , after intervention , two months after the intervention
Method of measurement
the scores were obtained from snal 's (2001) questionnaire .

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: schema - based education in this study (including 10 sessions of 75 minutes) can be used .first session : explain the schema model in simple language for the patient and how to form the schema and coping strategies the second meeting : hypothesis of the scheme and their identification and naming ,the third meeting : the concept of the patient 's problem according to the schema approach ,the fourth meeting : attribution of the evidence - highlighting evidence to childhood experiences the fifth session : preparing and developing the schema training cards the sixth session : presenting the logic of using empirical techniques and the implementation of imaginary conversations meeting the seventh : creating an opportunity to identify your feelings toward parents meeting 8 : finding new ways to communicate and get rid of coping styles , the ninth session : mental imagery of the problem solving and coping with the problem solving problems ,the 10th session : reviewing the pros and cons of unhealthy and unhealthy behaviors , overcoming obstacles to behaviour change
Category
Behavior

2

Description
Intervention group: compassion based therapy in this study (including 8 sessions per 60 minutes) can be used .first session : familiarity with concepts of compassion the second meeting : familiarity with the compassionate mind a third meeting : familiar with the properties of the compassionate fourth meeting : self - knowledge session fiveth : self - compassion exercises by reception meeting six : practical practice of compassion meeting seven : teaching compassion to others meeting eight : adding exercises to compassion
Category
Behavior

3

Description
Control group: no intervention was done on this group .
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
district one consulting centers in tehran
Full name of responsible person
mozhdeh sadat hamidian
Street address
Unit 2, No721, Next to Ferat Alley,Opposite Kasra Laboratory,Namjou Street
City
Tehran
Province
Tehran
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1615943888
Phone
+98 21 8836 6955
Email
mojdeh.hamidian@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
dr moslem malakshahi
Street address
islamic azad university of kerman
City
kerman
Province
Kerman
Postal code
7635168111
Phone
+98 34 3321 0043
Email
m.malekshahi@iau.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
mozhdeh sadat hamidian
Position
phd student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Unit 2, No721, Next to Ferat Alley,Opposite Kasra Laboratory,Namjou Street
City
Tehran
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Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
dr alireza manzari tavakoli
Position
assistant
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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City
kerman
Province
Kerman
Postal code
7635168111
Phone
+98 34 3321 0043
Email
a.manzari@iau.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
mozhdeh sadat hamidian
Position
phd student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Unit 2, No721, Next to Ferat Alley,Opposite Kasra Laboratory,Namjou Street
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Postal code
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mojdeh.hamidian@gmail.com

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
we do not have the possibility of broadcasting because of the confidentiality of the participants ' data .
Study Protocol
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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