Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the effectiveness of women's therapy on compassion and couples therapy on domestic violence for shame and guilt, marital burnout, and emotion regulation in domestic violence-related trauma

Protocol summary

Study aim

Comparing the effectiveness of compassion-focused therapy and domestic violence-focused couple therapy on feelings of shame and guilt, marital frustration, and emotion regulation in women affected by domestic violence.

Design

Clinical trials with control groups, with parallel groups, are selected by a non-randomized purposive method. Then, through simple randomization by drawing lots from the 45 people who were selected. They are placed in two experimental groups and one control group. Blinding is not done.

Settings and conduct

Women affected by domestic violence who referred to psychological clinics in Dezful city were selected through purposive random sampling according to the research criteria, 45 people, and then 15 people were randomly assigned to (two intervention groups and one control group) through simple random sampling, and the data were analyzed using repeated measures analysis of variance. Blinding was not performed.

Participants/Inclusion and exclusion criteria

Entry criteria: Signed consent form by the subject, no mental disorders or substance dependence, women who had been subjected to domestic violence for one year. Exit criteria: Physical and mental illnesses, stressful events

Intervention groups

1- Compassion-based therapy intervention group: It includes awareness and compassionate contact with human pain and suffering, along with openness and kindness, in such a way that the person does not try to avoid them. 2- Domestic violence-focused couple therapy intervention group: It seeks to stop various types of domestic violence and gives couples the opportunity to continue their relationship while promoting positive experiences and feelings by reducing anxiety and negative emotional feelings related to communication.

Main outcome variables

Feelings of shame and guilt, marital burnout, and emotion regulation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260510069336N1**
Registration date: **2026-05-29, 1405/03/08**
Registration timing: **prospective**

Last update: **2026-05-29, 1405/03/08**
Update count: **0**

Registration date

2026-05-29, 1405/03/08

Registrant information

Name

Mohammad hossein Sabzeghaba

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4253 5317

Email address

m.sabzeghaba@iau.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-06-10, 1405/03/20

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 women's therapy on compassion and couples therapy on domestic violence for shame and guilt, marital burnout, and emotion regulation in domestic violence-related trauma

Public title
The effectiveness of compassion-focused therapy and domestic violence-focused couple therapy
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Signing of written consent by subjects Women who have been subjected to domestic violence for a year No chronic or major psychiatric disorders at the time of the study, no history of schizophrenia or bipolar disorder, no substance dependence.
Exclusion criteria:
The occurrence of significant stressful events during the study (loss of a family member, loss of job, bankruptcy, etc.) Participation in psychotherapy or pharmacological interventions effective for depression/anxiety within the past 3 months. Suffering from a serious physical illness
Age
From **18 years** old to **55 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, eligible samples will be randomly assigned to two intervention groups and one control group. 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 that is in (Sealed, Sequentially, Envelopes, Numbered), this method records each of the random sequences created on a card and the cards are placed inside the envelopes in order.To maintain the random sequence, the envelopes are numbered in the same order on the outside. Finally, the envelopes are taped shut 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 Islamic Azad University of Ahvaz Branch
Street address
Islamic Azad University, Ahvaz Branch, Golestan, Farhangshahr,
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2026-02-21, 1404/12/02
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.676

Health conditions studied

1

Description of health condition studied
domestic violence
ICD-10 code
R45.6
ICD-10 code description
Violent behavior

Primary outcomes

1

Description
Feelings of shame and guilt
Timepoint
Before the intervention - One week after the intervention - Two months after the intervention
Method of measurement
In the present study, fear of feeling shame and guilt refers to the score that the subject obtains from the Cohen Shame and Guilt Questionnaire (2011).

2

Description

Marital heartbreak

Timepoint

Before the intervention - One week after the intervention - Two months after the intervention

Method of measurement

In the present study, marital burnout refers to the score that the subject obtains from the Pines 1994 Marital Burnout Questionnaire.

3

Description

Excitement regulation

Timepoint

Before the intervention - One week after the intervention - Two months after the intervention

Method of measurement

In the present study, emotion regulation refers to the score that the subject obtains from the Gross and John (2003) emotion regulation questionnaire.

4

Description

domestic violence

Timepoint

Before the intervention - One week after the intervention - Two months after the intervention

Method of measurement

In the present study, domestic violence refers to the score that the subject obtains from the Haj Yahya 1994 Violence Against Women Questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group,Compassion-focused therapy The protocol of this therapy is derived from Gilbert's research, each session includes the title and general content of the session, a description of the session, and assignments. This protocol will be implemented by a psychologist specializing in this field in 8 60-minute sessions, one session per week for two months. The first session is to establish initial group communication, review the structure of the sessions, familiarize yourself with the general principles and distinguish compassion from self-pity. The second session is to train mindfulness along with body scan and breathing exercises, familiarize yourself with brain systems based on compassion, and train empathy, train you to understand and understand that people feel and follow things with an empathetic attitude. The third session is to get to know the characteristics of people who have compassion for others, cultivate a sense of warmth and kindness towards yourself, and develop an understanding that others also have flaws and problems.The fourth session, encouraging the subjects to self-recognize and examine their personality as a compassionate or non-compassionate person, according to the educational topics of identifying and applying compassionate mind-building exercises, the value of self-compassion, empathy and sympathy towards oneself and others, and teaching the physiotherapist metaphor) and teaching forgiveness. The fifth session, familiarizing and applying compassionate mind-building exercises, teaching accepting problems, accepting upcoming changes, and tolerating difficult and challenging situations, considering the variability of life and the fact that people face different challenges. The sixth session, practical practice of creating compassionate images, teaching styles and methods of expressing compassion and applying these methods in everyday life and for spouses, children, parents, friends, teachers, and acquaintances, teaching the development of valuable and sublime feelings,The seventh session, training in writing compassionate letters for oneself and others, a training method for recording and recording daily notes of real situations based on compassion and the person's performance in that situation. The eighth session, training and practicing skills, reviewing and practicing the skills presented in previous sessions to help the subjects cope with different situations in their lives in different ways, and finally, summarizing and presenting solutions for maintaining and applying this therapeutic method in everyday life.

Category

Behavior

2

Description

Second intervention group: Couple therapy focused on domestic violence (Estis et al., 2011) The duration of each couple therapy session based on domestic violence was 90 minutes, which was implemented in 12 sessions and once a week by a qualified person familiar with the research intervention program. First session: Introduction, pre-test, second session: Creating hope for the future, third session: Identifying various forms of violence, fourth session: Teaching clients skills to deal with violence, Session 5: Training in monitoring for signs of escalating violence and providing opportunities for partners to discuss and teach problem-solving skills ,Session six: Introducing the client to the effects of substance use in life, sessions seven to twelve, joint treatment

Category

Behavior

3

Description

Control group: Control group: This group will not receive any intervention in the study.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Dezful City Psychological Clinic
Full name of responsible person
Mohammad Hossein Sabzeghaba
Street address
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Mohammad Hossein Sabzeghaba
Position
Phd Student
Latest degree
Master
Other areas of specialty/work
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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 statistical sample information remains confidential and I have no decision 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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available