Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Existential-Humanistic Therapy on Psychological Well-being, Self-acceptance and Post-traumatic Growth in the Women with Breast Cancer and their Spouses' Marital Satisfaction

Protocol summary

Study aim

The Effectiveness of Existential-Humanistic Therapy on Psychological Well-being, Self-acceptance and Post-traumatic Growth in the Women with Breast Cancer and their Spouses' Marital Satisfaction

Design

Sampling method: The statistical population includes all the women suffering from breast cancer with medical records in Shahid Rahimi hospital in Khorramabad, Iran. Observing the inclusion and exclusion criteria, 30 individuals ready to cooperate will be selected and non-randomly divided into two experimental and control groups (15 individuals in each group). Simultaneously, pre-test, post-test, and follow-up will be performed on their spouses.

Settings and conduct

In the similar and simultaneous condition, the pre-test is conducted in the form of Psychological Well-Being (PWB) Scale, post-traumatic growth, and self-acceptance for both experimental and control groups, and Marital Satisfaction Questionnaire is administered to the spouses of both groups. Then, intervention is performed as virtual treatment on the experimental group in 8 sessions of 90 minutes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Suffering from breast cancer, breast tissue surgery, having at least a diploma degree.
Exclusion criteria: any severe psychiatric illness

Intervention groups

The intervention group: The women with breast cancer in Khorramabad, Iran, who underwent Krug-Scheneider's (2008) Existential-Humanistic Therapy. The control group received no intervention.

Main outcome variables

psychological well-being; self-acceptance; post-traumatic growth; marital satisfaction.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201219049767N1**
Registration date: **2021-01-25, 1399/11/06**
Registration timing: **retrospective**

Last update: **2021-01-25, 1399/11/06**
Update count: **0**

Registration date

2021-01-25, 1399/11/06

Registrant information

Name

Safoora Mavaeeyan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3832 0643

Email address

mavaeeyan.sa@fh.lu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-28, 1399/07/07

Expected recruitment end date

2020-10-18, 1399/07/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effectiveness of Existential-Humanistic Therapy on Psychological Well-being, Self-acceptance and Post-traumatic Growth in the Women with Breast Cancer and their Spouses' Marital Satisfaction

Public title
The Effectiveness of Existential-Humanistic Therapy on Psychological Well-being, Self-acceptance and Post-traumatic Growth in the Women with Breast Cancer and their Spouses' Marital Satisfaction

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Suffering from breast cancer Breast tissue surgery Having at least a diploma degree Being satisfied to participate in this project
Exclusion criteria:
Suffering from severe medical psychiatric disorders

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Not randomized

Randomization description

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 Lorestan University of Medical Sciences
Street address
No. 4, 8th Alley, 2nd Square, Kayhanshahr Town
City
Kermanshah
Province
Kermanshah
Postal code
6715694884

Approval date
2020-09-27, 1399/07/06

Ethics committee reference number
IR.LUMS.REC.1399.177

Health conditions studied

1

Description of health condition studied
Breast cancer

ICD-10 code
C50

ICD-10 code description
Malignant neoplasm of breast

Primary outcomes

1

Description
The score of Ryff's Psychological Well-being (PWB) Scale (1989)

Timepoint
Pre-test, post-test, and a two-month follow-up period

Method of measurement
Ryff's 18-Item Psychological Well-being Scale (1989)

2

Description
Self-acceptance

Timepoint
Pre-test, post-test, and a two-month follow-up period

Method of measurement
Chamberlain and Haaga's (2001) Unconditional Self-Acceptance Questionnaire (USAQ)

3

Description
Post-traumatic growth; the score that the participants obtain from Tedeschi and Calhoun's (1996) Post-Traumatic Growth Inventory (PTGI)

Timepoint
Pre-test, post-test, and a two-month follow-up period

Method of measurement
Tedeschi and Calhoun's (1996) Post-Traumatic Growth Inventory (PTGI)

4

Description
Marital satisfaction

Timepoint
Pre-test, post-test, and a two-month follow-up period

Method of measurement
ENRICH 35-Item Marital Satisfaction Inventory (1989)

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group: The patients are treated in 8 sessions of 90 minutes using Krug-Schneider's (2008) Existential-Humanistic Therapy .
Category
Treatment - Other

2

Description
The Control group: They receive no intervention.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Rahimi Hospital, Khorramabad
Full name of responsible person
Safoora Mavaeeyan
Street address
No. 4, 8th Alley, 2nd Square, Kayhanshahr Town
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6715694884
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Email
safooramavaeeyan1366@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Khoram-Abad University of Medical Sciences
Full name of responsible person
Safoora Mavaeeyan
Street address
No. 4, 8th Alley, 2nd Square, Kayhanshahr Town, Kermanshah
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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
Lorestan University of Medical Sciences
Proportion provided by this source
1
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
Khoram-Abad University of Medical Sciences
Full name of responsible person
Safoora Mavaeeyan
Position
University student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
No. 4, 8th Alley, 2nd Square, Kayhanshahr Town, Kermanshah
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Person responsible for scientific inquiries

Contact
Name of organization / entity
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Full name of responsible person
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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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

At the end of the study, the data for the participants (without mentioning their names) and the results of their analysis and the statistical methods used in the study , along with the protocol, are all provided to other people.

When the data will become available and for how long

The article is accessed one month after its publication.

To whom data/document is available

Everyone can have access to the data.

Under which criteria data/document could be used

Individuals can use the data for therapeutic and research use.

From where data/document is obtainable

safooramavaeeyan1366@gmail.com , Recipient: Safoura Mavaeian, Contact No.: +989388815843

What processes are involved for a request to access data/document

The researcher contacts via the said communication methods, and receives the information via email within a maximum of one month.

Comments