Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

Protocol summary

Study aim
Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

Design
In this study, 64 women referring to post-analysis of the test, randomly using random numbers in two experimental and control groups with parallel groups.

Settings and conduct
In this study, 64 women referring to the comprehensive health service centers in Isfahan will be randomly divided into two groups of test and control. The educational intervention is held in the form of a Meichenbaum self-study in 7 sessions for the test group. Data collection will be done by pre-intervention demographic questionnaire and standard questionnaires for measuring violence against women, Connor and Davidson resilience scale and Lazarus and Folkman coping styles before, immediately, one month and two months after the intervention.

Participants/Inclusion and exclusion criteria
Experience exposure to one type of violence; willingness to participate in the study; having lived together for at least one year; have a minimum literacy; no severe mental illness; no pregnancy; no drug abuse; no chronic debilitating physical illness; unwillingness of a person to continue participating in research; absence from two sessions of training classes.

Intervention groups
The intervention group will be divided into two groups of 16 people. the educational intervention will be held in the form of a Meichenbaum self-study in 7 sessions of 60 minutes once a week for both intervention groups. No intervention is performed in the control group. Then a post-test will be held immediately, one month and two months after the intervention.

Main outcome variables
Resilience; coping style; domestic violence

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20220118053758N1**
Registration date: **2022-06-25, 1401/04/04**
Registration timing: **registered_while_recruiting**

Last update: **2022-06-25, 1401/04/04**
Update count: **0**

Registration date
2022-06-25, 1401/04/04

Registrant information
Name
simin karimifar
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 4489 8172
Email address
s.karimifar1395@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-05-05, 1401/02/15
Expected recruitment end date
2022-07-06, 1401/04/15
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence referred to Isfahan Comprehensive Health Service Centers in 2022

Public title

Investigating the effect of self-study training on resilience and effective coping styles in women involved in domestic violence

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Experience exposure to one type of physical, psychological, sexual violence Willingness to participate in the study. Having lived with your spouse for at least one year Have a minimum literacy No severe mental illness registered in the apple system. No pregnancy No drug abuse No chronic debilitating physical illness

Exclusion criteria:

Unwillingness of a person to continue participating in research Absence from two sessions of training classes

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, first, pre-test to identify women at risk of violence against spouses in the form of a standard questionnaire to measure violence against women for women referring to comprehensive health care centers. After the positive result of the test using the lottery method, 64 of them will be divided into two experimental and control groups. In this method, the researcher gives a special number to each member of the community. Then they are mixed in a container. In the next step, she takes out the numbers one by one and takes notes, This operation is continued until the number of samples is selected and then the experimental and control groups are selected using the same method.

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 the faculty of Nursing, Management and Rehabilitation - Isfahan University of Me

Street address

Isfahan University of Medical Sciences and Health Services, Hezar Jerib street

City

Isfahan

Province

Isfehan

Postal code

81746-73461

Approval date

2022-04-04, 1401/01/15

Ethics committee reference number

IR.MUI.NUREMA.REC.1401.004

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

2

Description of health condition studied

ICD-10 code

ICD-10 code description

3

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Resilience score

Timepoint

Before, immediately, one month and two months after the intervention

Method of measurement

Demographic Questionnaire, Standard Violence Against Women Questionnaire, Connor & Davidson Resilience Questionnaire and Coping Styles Questionnaire

2

Description
Coping styles score
Timepoint
Before, immediately, one month and two months after the intervention
Method of measurement
Coping Styles Questionnaire(WOCQ)

3

Description
Domestic violence
Timepoint
Before, one month and two months after the intervention
Method of measurement
Standard Questionnaire for Measuring Violence Against Women

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group is divided into two groups of 16 people and each of them will be given a Meichenbaum self-study group training in 7 sessions of 60 minutes in a two-month course. self-study is a technique of the CBT approach that is an exercise to improve self-control and self-talk is used to stimulate and reinforce during treatment. The self-study technique uses positive verbal expressions to reduce negative thoughts and to increase self-control through the mind. The most important step in the self-learning technique is that the person begins to speak slowly in their heart. after completing the training resilience score and coping style score using Connor and Davidson resilience scale (CD-RISC) and Lazarus and Folkman's coping style questionnaire (WOCQ) before, immediately, one month and two months after intervention and score Domestic violence will be measured using a standard questionnaire to measure violence against women before, one month and two months after the intervention.
Category
Behavior

2

Description
Control group: There is no intervention in the control group. after completing the training resilience score and coping style score using Connor and Davidson resilience scale (CD-RISC) and Lazarus and Folkman's coping style questionnaire (WOCQ) before, immediately, one month and two months after intervention and score Domestic violence will be measured using a standard questionnaire to measure violence against women before, one month and two months after the intervention. Educational Contents in the form of educational pamphlets will be provided to them after the completion of the research.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Aval Comprehensive Health Center
Full name of responsible person
Simin Karimifar
Street address
The beginning of Meysam Street, Meraj Street, Aghababaei Highway
City
Isfahan
Province
Isfehan
Postal code
8174673461
Phone
+98 31 3357 8040
Email
boroumandfar@nm.mui.ac.ir

2

Recruitment center
Name of recruitment center
Mottahari Comprehensive Health Service Center
Full name of responsible person
Simin Karimifar
Street address
Kaveh Boulevard, Imam Hossein Town, Isfahan
City
Isfahan
Province
Isfehan
Postal code
8174673461
Phone
+98 31 3450 4391
Email
boroumandfar@nm.mui.ac.ir

3

Recruitment center
Name of recruitment center
Hazrat Ali Comprehensive Health Service Center
Full name of responsible person
Simin Karimifar
Street address
Senowbar 2, eight meters of industry, East Sheikh Tusi, Isfahan
City
Isfahan
Province
Isfehan

Postal code
8174673461
Phone
+98 31 3555 2030
Email
boroumandfar@nm.mui.ac.ir

4

Recruitment center
Name of recruitment center
Navab Safavi Comprehensive Health Service Center
Full name of responsible person
Simin Karimifar
Street address
Bozorgmehr St, Ahmadabad Sq, Isfahan
City
Isfahan
Province
Isfehan
Postal code
8174673461
Phone
+98 31 3227 5358
Email
boroumandfar@nm.mui.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Dr.Mansoor Siavash
Street address
The deputy of research and technology, building 4, Isfahan University of Medical Sciences, Hezar Jerib street
City
Isfahan
Province
Isfehan
Postal code
81746-73461
Phone
+98 993 333 3531
Email
emrc@mui.ac.ir
Web page address
https://isid.research.ac.ir/Mansoor_SiavashDastjerdi
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Esfahan University of Medical Sciences
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
Esfahan University of Medical Sciences
Full name of responsible person
Dr.Zahra Boroumandfar
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive Health
Street address
Isfahan University of Medical Sciences, Hezar Jerib street
City
Isfahan
Province
Isfehan
Postal code
8175845491
Phone
+98 31 3625 1726
Email
boroumandfar@nm.mui.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Zahra Boroumandfar
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive Health
Street address
Isfahan University of Medical Sciences and Health Services, Hezar Jerib street
City
Isfahan
Province
Isfehan
Postal code
8175845491
Phone
+98 31 3625 1726
Email

boroumandfar@nm.mui.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences

Full name of responsible person
Simin karimifar

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Isfahan University of Medical Sciences and Health Services, Hezar Jerib street

City
Isfahan

Province
Isfehan

Postal code
1476757571

Phone
+98 21 4489 8172

Email
s.karimifar1395@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

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

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

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