Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of a self-compassion training program on self-efficacy, adjustment, and self-criticism among female students of Islamic Azad University, Behbahan Branch

Protocol summary

Study aim
Determining the effectiveness of a self-compassion training program on the self-efficacy, adjustment, and self-criticism of female students at Islamic Azad University

Design
This study uses a pretest-posttest control group design. Participants will be randomly assigned to either an experimental group (receiving self-compassion training) or a control group (waitlist). Self-efficacy, adjustment, and self-criticism will be measured before and after the intervention.

Settings and conduct
This semi-experimental study will be conducted at the Academic Advisor Counseling Center in Ahvaz. After obtaining necessary permissions, eligible female student volunteers will be selected and randomly assigned to either experimental or control groups.

Participants/Inclusion and exclusion criteria
Participants will be female students from Islamic Azad University, Behbahan branch, within a specified age range who provide informed consent. Individuals with a history of psychiatric disorders or concurrent participation in other psychotherapy will be excluded.

Intervention groups
This group will receive a 14-session (90-min each) self-compassion training program based on the standard protocol (Johari Fard, 2024). Sessions will be conducted in group format by a trained instructor and will cover basic concepts, mindfulness practices, self-supportive writing techniques, and developing self-kindness.

Main outcome variables
Self-efficacy, adjustment, and self-criticism

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250915067252N1**
Registration date: **2025-09-19, 1404/06/28**
Registration timing: **prospective**

Last update: **2025-09-19, 1404/06/28**
Update count: **0**

Registration date
2025-09-19, 1404/06/28

Registrant information
Name
mina otoofat
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 5287 1400
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mina.otoofat3233@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-12-22, 1404/10/01

Expected recruitment end date
2026-02-20, 1404/12/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of a self-compassion training program

on self-efficacy, adjustment, and self-criticism among female students of Islamic Azad University, Behbahan Branch

Public title
The effectiveness of a self-compassion training program on self-efficacy, adjustment, and self-criticism among female students of Islamic Azad University, Behbahan Branch
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Female student of Islamic Azad University, Behbahan Branch Being within a specified age range (19 to 35 years old)
Exclusion criteria:
History of severe psychiatric disorders Concurrent participation in other psychotherapy
Age
From **19 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were randomly assigned to two intervention groups and a control group (waiting list) through a lottery.
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
The Research Ethics Committee of Islamic Azad University, Ahvaz Branch
Street address
Ahvaz, 22 Bahman Boulevard, Islamic Azad University, Ahvaz Branch
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Approval date
2025-08-30, 1404/06/08
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.417

Health conditions studied

1

Description of health condition studied
Adjustment
ICD-10 code
F43.2
ICD-10 code description
Adjustment disorders

Primary outcomes

1

Description
Self-efficacy
Timepoint
Before and after treatment
Method of measurement
The Sherer and Maddux (1982) Self-Efficacy Scale is a 17-item questionnaire.

2

Description
Adjustment
Timepoint
Before and after treatment
Method of measurement
The Bell Social Adjustment Inventory was developed in 1961 and consists of 32 items.

3

Description
Self-criticism
Timepoint
Before and after treatment
Method of measurement
The Lewis Self-Criticism Levels Scale was developed and compiled in 2004. The self-criticism questionnaire consists of 22 questions

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group will receive a

self-care training program consisting of 14 90-minute sessions based on a standard protocol. The training content focuses on self-care concepts, mindfulness exercises, and self-help writing techniques. The sessions will be conducted in a group setting by a trained instructor

Category

Rehabilitation

2

Description

Control group: The control group in this study will not receive any active intervention and will be placed on a waiting list. After the study is completed and data is analyzed, if the intervention is effective, the self-exercise training program will also be made available to this group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Nikan Counseling Center

Full name of responsible person

Reza Johari Fard

Street address

Nikan Counseling Center, Nooshin Complex, 9th Western Blvd, Kianpars, Ahvaz, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Pejman Taghipour Birgani

Street address

Ahvaz, 22 Bahman Boulevard, Islamic Azad University, Ahvaz Branch

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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

Iranian academic center for education culture and research

Full name of responsible person

Reza Joharifard

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Reza Joharifard

Position

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Latest degree

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Other areas of specialty/work
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Person responsible for updating data

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Name of organization / entity
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Full name of responsible person
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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