Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of schema therapy on self-esteem and self-efficacy of divorced women

Protocol summary

Study aim
The purpose of this study is to determine the effectiveness of schema therapy on the self-esteem and self-efficacy of divorced women.

Design
This is a quasi-experimental study with a pretest–posttest design and a control group. Participants complete self-esteem and self-efficacy questionnaires before and after the schema therapy intervention, and the outcomes are compared between the two groups.

Settings and conduct
This is an interventional study investigating the effects of online schema therapy on self-esteem and self-efficacy in divorced women. Data will be collected before and after the intervention and analyzed to evaluate its effectiveness.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Divorced women who provide informed consent and are not receiving recent psychological or pharmacological treatment. Exclusion criteria: Withdrawal from the study, absence from more than two sessions, or inability to continue participation due to illness or other conditions.

Intervention groups
The experimental group will undergo schema therapy intervention. Therapy sessions will be held in a group setting and over a specific number of sessions (8 sessions, each session lasting about 90 minutes). In contrast, the control group will not receive any psychological treatment based on schema therapy during the intervention

Main outcome variables
The main outcome variables include self-esteem and self-efficacy of divorced women, which will be measured and evaluated using standard questionnaires in the pre-test and post-test stages.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20260610069745N1**
Registration date: **2026-09-17, 1405/06/26**
Registration timing: **registered_while_recruiting**

Last update: **2026-09-17, 1405/06/26**
Update count: **0**
Registration date
2026-09-17, 1405/06/26

Registrant information
Name
Mahdiye Rajabi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 11 5428 2733
Email address
mahdiye.rajabi3145@iau.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2026-09-16, 1405/06/25
Expected recruitment end date
2026-09-27, 1405/07/05
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

The effectiveness of schema therapy on self-esteem and self-efficacy of divorced women

Public title
The effectiveness of schema therapy on self-esteem and self-efficacy
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Divorced Women, Aramesh Counseling Center, Tonekabon City Failure to receive psychological and pharmacological treatment in recent months Subjects' willingness and informed consent to participate in the research
Exclusion criteria:
Withdrawal and non-cooperation to continue the research and absence of more than two sessions Becoming ill or developing conditions that make it impossible to continue attending meetings.
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)
Randomized
Randomization description
Allocation method: Simple randomization Allocation unit: Individual (participant) Randomization tool: Lottery How to construct the random sequence: After identifying and selecting eligible individuals based on the inclusion and exclusion criteria, participants were randomly assigned to the intervention and control groups using a lottery method in a 1:1 ratio. Allocation concealment: Participants were assigned to the intervention and control groups using a lottery, and the assigned group was determined at the time of the 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
Islamic Azad University, Lahijan Branch
Street address
Haft Tir, end of Dr. Meftah St., next to Nutrica Pool, Persian 3 Building, Unit 8
City
Tonekabon
Province
Mazandaran
Postal code
4681815963
Approval date
2026-08-16, 1405/05/25
Ethics committee reference number
IR.IAU.LIAU.REC.1405.046

Health conditions studied

1

Description of health condition studied
Divorced women
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Measuring self-esteem using the Rosenberg Self-Esteem Questionnaire
Timepoint
Before the intervention, immediately after the end of the schema therapy sessions
Method of measurement
The Rosenberg Self-Esteem Questionnaire (RSES) consists of 10 questions, with a higher score indicating higher self-esteem.

2

Description
Measuring self-efficacy using the Scherrer Self-Efficacy Questionnaire
Timepoint
Before the intervention, immediately after the end of the schema therapy sessions
Method of measurement
Scherrer Self-Efficacy Questionnaire, which includes 17 questions, with a higher score indicating greater self-efficacy.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Divorced women from the counseling

center. This intervention is a group therapy based on schema therapy for divorced women, which is implemented in 8 weekly 90-minute sessions. The goal of the intervention is to identify and modify maladaptive schemas and ineffective coping styles, and to strengthen self-esteem and self-efficacy. The sessions include schema training, identifying and modifying ineffective beliefs, emotion regulation, strengthening the "healthy adult", increasing self-esteem and self-efficacy, and training in coping and communication skills.

Category

Behavior

2

Description

Control group: Divorced women from the counseling center. The control group does not receive schema therapy intervention during the research period and is placed on the waiting list/usual conditions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Aramesh Counseling Center

Full name of responsible person
Mahdiye Rajabi

Street address
Haft Tir, End of Keshavarz Street,Next to Nutrica Pool. Persian Building 3. Unit 8

City
Tonekabon

Province
Mazandaran

Postal code
4681815963

Phone
+98 11 5428 2733

Email
rajabimahi907@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Maryam Zakeri Hamidi

Street address
5th km of Chalus Road, Vali Abad

City
Tonekabon

Province
Mazandaran

Postal code
4681815963

Phone
+98 11 5428 2733

Email
rajabimahi907@gmail.com

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
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
Islamic Azad University

Full name of responsible person
Maryam Zakeri Hamidi

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

Street address
5th km of Chalus Road, Vali Abad

City
Tonekabon

Province
Mazandaran

Postal code
4681815963

Phone
+98 11 5428 2733

Email
iau.ir@2200059991

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Mahdiye Rajabi

Position
student

Latest degree
Master

Other areas of specialty/work
Psychology
Street address
Haft Tir, end of Keshavarz Street, next to Nutrica Pool, Persian 3 Building, Unit 8
City
Tonekabon
Province
Mazandaran
Postal code
4681815963
Phone
+98 11 5428 2733
Email
rajabimahi907@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Mahdiye Rajabi
Position
Student
Latest degree
Master
Other areas of specialty/work
Psychology
Street address
Haft Tir, end of Keshavarz Street, next to Nutrica Pool, Persian 3 Building, Unit 8
City
Tonekabon
Province
Mazandaran
Postal code
4681815963
Phone
+98 11 5428 2733
Email
rajabimahi907@gmail.com

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
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Treatment protocol results and tables
When the data will become available and for how long
Access period starts 6 months after results are published.
To whom data/document is available
Researchers working in academic and scientific institutions
Under which criteria data/document could be used
The use of the documentation of this trial will only be possible for academic and scientific researchers on a limited basis and with permission from the person responsible for this trial.
From where data/document is obtainable
Correspondence via email to Mahdieh Rajabi rajabimahi907@gmail.com
What processes are involved for a request to access data/document
Any request for access to data or documentation from this study must be made by sending a formal written request to the principal investigator or supervisor. This request must include the applicant's details, the purpose of using the data, the type of data required, and how to ensure the confidentiality of the information. After receiving the request, the following will be reviewed: Verification of the applicant's scientific identity and organizational affiliation Evaluation of the research objective and its consistency with the ethical principles of the study Final approval by the principal investigator and, if necessary, approval by the university ethics committee, the data will be made available to the applicant in an anonymized form and limited to the requested items, in the form of scientific use. The use of the data is permitted only with reference to the source and observance of the confidentiality of the participants' information.
Comments