

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effectiveness of spiritual psychotherapy based on forgiveness in order to increase marital satisfaction and prevent marital conflicts of couples in the city of Mashhad

Protocol summary

Summary

Family is the smallest and important social unit that requires a large amount of psychological investment. This study investigated the effect of spiritual psychotherapy based on forgiveness on the increase of marital satisfaction and the decrease of family conflicts. This half-experimental study was conducted with pretest, posttest and follow-up design, using control group. This research was done during 2009-2010. Samples of study were 10 couples who referred to clinics in the city of Mashhad that were chosen using the available sampling method and were randomly placed in experimental and control group. Entrance conditions were presents of both couples and non existence of addiction or mental disorder. Therapy based on forgiveness being adapted with Worthington model and conformed with Iranian culture and perform in 9 session. Consequence of this study was increasing marital satisfaction and decreasing marital conflicts.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012070210157N1**

Registration date: **2012-07-05, 1391/04/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-07-05, 1391/04/15

Registrant information

Name

Samaneh Ghafoori

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 1854 7279

Email address

s-ghafoori@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ferdowsi University of Mashhad

Expected recruitment start date

2009-12-22, 1388/10/01

Expected recruitment end date

2010-06-21, 1389/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of spiritual psychotherapy based on forgiveness in order to increase marital satisfaction and prevent marital conflicts of couples in the city of Mashhad

Public title

The effectiveness of spiritual psychotherapy in marital satisfaction and marital conflicts

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: presents of both couples; the ability of cooperation with therapist and non existence of addiction or mental disorder. Exclusion criteria: absence of both couples and addiction or mental disorder

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

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**

Ferdowsi University of Mashhad

Street address

Mashhad Azadi Square Ferdowsi University of
Mashhad

City

Mashhad

Postal code**Approval date**

2009-03-08, 1387/12/18

Ethics committee reference number

144

Health conditions studied**1****Description of health condition studied**

Divorce

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Marital satisfaction

Timepoint

Pretest, Posttest, 1 month follow up

Method of measurement

Enrich marital satisfaction for marital satisfaction

2**Description**

marital conflicts

Timepoint

pretest, posttest, 1 month follow up

Method of measurement

Marital conflict questionnaire

Secondary outcomes**1****Description**

Forgiveness

Timepoint

pretest, posttest, 1 month follow up

Method of measurement

Family Forgiveness Scale

Intervention groups**1****Description**

Spiritual psychotherapy based on forgiveness for
intervention group

Category

Other

2**Description**

Waiting list for control group

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Psychological Clinic of Ferdowsi University of
Mashhad

Full name of responsible person

Mrs. Fetrosi

Street address

Mashhad Azadi Square Psychological clinic of
Ferdowsi University of Mashhad

City

Mashhad

2**Recruitment center****Name of recruitment center**

Astane Ghodse Razavi Child and Family Counseling
Center

Full name of responsible person
Street address
City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ferdowsi University of Mashhad
Full name of responsible person
Dr. Mohammad Said Abdekhodayi
Street address
Faculty of Educational Sciences and Psychology,
Azadi Square
City
Mashhad

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ferdowsi University of Mashhad

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Samaneh Ghafoori
Position
PhD candidate
Other areas of specialty/work
Street address
Mashhad Emem Khomaini 46 N 17
City
Mashhad
Postal code
00989173694818
Phone
+98 51 1854 7279
Fax
Email
s-ghafoori@razi.tums.ac.ir;
samane.ghafoori@gmail.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Samaneh Ghafoori
Position
PhD candidate
Other areas of specialty/work
Street address
Mashhad Emam Khomaini 46 N 17
City
Mashhad
Postal code
00989173694818
Phone
+98 51 1854 7279
Fax
Email
s-ghafoori@razi.tums.ac.ir;
samane.ghafoori@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Tehran University Of Medical Sciences
Full name of responsible person
Samaneh Ghafoori
Position
PhD candidate
Other areas of specialty/work
Street address
Mashhad Emem Khomiani 46 N 17
City
Mashhad
Postal code
00989173694818
Phone
+98 51 1854 7279
Fax
Email
s-ghafoori@razi.tums.ac.ir;
samane.ghafoori@gmail.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary
empty