

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 2026

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Protocol summary

Summary

Introduction: This study aimed at assessing the efficacy of cognitive - behavioral group training on attachment, dysfunctional attitudes and marital adjustment of married couples. Methods: The subject were 16 married individuals with insecure attachment style and low marital adjustment. They were selected via convenience sampling and randomly divided into experimental and control groups. Inclusion of subjects having age between 17 to 40 years, Lack of Brain Injury, mental retardation, psychotic symptoms and addiction, exclusion criteria; Signs of suicide, seizures, Incompatibility and clashes with members of the group; Relationships Turbulent Marriage and two sessions of absence from meetings. Both groups were assessed by adult attachment styles of Collins and Reid (RAAS), Locke and Wallace Marital Adjustment Scale (LWMAS) and Dysfunctional Attitudes Scale (DAS). The experimental group participated in eight sessions of group cognitive behavioral therapy and simultaneously control group in eight sessions of life skills. The control group participated in eight sessions of life skills.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012111411453N1**

Registration date: **2013-04-29, 1392/02/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-29, 1392/02/09

Registrant information

Name

Naghi Ostadi

Name of organization / entity

Islamic Azad University Torbat Jam

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Azad University of Torbat jam

Expected recruitment start date

2012-05-12, 1391/02/23

Expected recruitment end date

2012-07-26, 1391/05/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Public title

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Purpose

Other

Inclusion/Exclusion criteria

Inclusion of subjects having age between 17 to 40 years, Lack of Brain Injury, mental retardation, psychotic symptoms and addiction, Conditions Out of Group Signs of suicide, seizures, Incompatibility and clashes with

members of the group; Relationships Turbulent Marriage and two sessions of absence from meetings.

Age

From **17 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

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

Islamic Azad University Torbat jam

Street address

Torbat road 10 km from Mashhad

City

torbat jam

Postal code

9/95719

Approval date

2012-02-08, 1390/11/19

Ethics committee reference number

(از طریق تایید در هیئت پژوهشی دانشگاه مجوز به صورت نامه

Health conditions studied

1

Description of health condition studied

Insecure attachment and marital discord And dysfunctional attitudes

ICD-10 code

ندارد

ICD-10 code description

|

Primary outcomes

1

Description

Attachment, dysfunctional attitudes, marital adjustment

Timepoint

Pretest-45 Days intervention Therapeutic -After the test

Method of measurement

Adult Attachment Questionnaire Collins and Reid

Zhrshnamh Locke and Wallace Marital Adjustment

Questionnaire dysfunctional attitudes das

Secondary outcomes

empty

Intervention groups

1

Description

Education and cognitive behavioral therapy group. Group testing by clinical psychology graduate student researcher in the field of skills was seen with 8 weekly sessions of 2 hours of training and CBT groups. In the experimental group, each session will follow the basic principles of group therapy session with a review of homework assignments prior to the start of the next session and make → offering feedback to the completion of reached. In the first session, the therapist aims of education and group therapy sessions, and a pay structure. The group sessions were evaluated rules. The second session reviewed the contents of the meeting, along with examples of the ABC model members were trained to identify the beliefs and values of → absolute destructive Sazbvdn problem because they identify the beliefs and values of absolute obligation, on the ABC model was set . The third meeting of irrational thinking and emotional disturbance dating on Khvdaynd thoughts, cognitive errors, training and assignment of appropriate forms of dysfunctional thoughts were presented. Fourth meeting between feelings, beliefs and behaviors (inducing think) and outcome. Dysfunctional thoughts and behavior modification techniques (advantages and disadvantages, refusal to obey should be a double standard, → behavioral tests, etc.) in the fifth session of induction training and exercises at the end of the assignment was to think of the subject → were asked to identify some of your thoughts and dysfunctional behavior in interpersonal, cognitive-behavioral techniques to change their answer. Also, participants with techniques → Who am I? Knowledge gained. Further more - use the form dysfunctional thoughts, → subjects were asked to assign a few of problems can be solved permanently in their married life → identification and problem solving strategies and techniques to solve communication problems am I his wife to use. Familiar with the techniques and knowledge of her husband's world map of love and communication skills (active listening, empathy, touch, expression) was studied in seven sessions and were given assignments commensurate with technique.

Category

Behavior

2

Description

The control group participated in eight sessions of life skills.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Mashhad Municipality

Full name of responsible person

naghi ostadi-hasn mirzadh

Street address

mashhad-ahmdabad khiyaban pastor3

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Torbat Jam Research University

Full name of responsible person

Mohamad Hosin Bayazy

Street address

10 Km Road {Torbat Jam}

City

Mashhsd

Grant name

بودجه و هزینه اجرای پژوهش بر عهده دانشجو بود.

Grant code / Reference number

ندارد

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

Yes

Title of funding source

Torbat Jam Research University

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

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Master of Clinical Psychology

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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