

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of life skills counseling on marital satisfaction in Nulliparous pregnant women attending to the cillinics of Asadabad in 2015

Protocol summary

Summary

Objective: This study is to determine the effect of life skills counselling on Marital Satisfaction among primigravida women. This study is a semi experimental with two groups (experimental and control) with pre-test and post-test. This study comprised pregnant women attending to health care centers in Asadabad. Simple randomization will be done. The sample size is 32 women in the intervation group and 32 women in control group. Inclusion criteria: First pregnancy; gestational age 16-24 weeks; Enrich marital satisfaction questionnaire score below 60.Exclusion criteria: Any problems in pregnancy during the study period. In the intervention group life skills counseling will be trained by the researcher in 8 sessions. and the control group took routine prenatal care. In this study primary outcome measure is Marital Satisfaction and secondary outcome measure is life skills counseling

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015030215341N4**

Registration date: **2015-10-25, 1394/08/03**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-10-25, 1394/08/03

Registrant information

Name

Batul Khodakarami

Name of organization / entity

Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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khodakaramy@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Research Technolog, Hamedan
University of Medical Sciences

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of life skills counseling on marital satisfaction in Nulliparous pregnant women attending to the cillinics of Asadabad in 2015

Public title

The effect of life skills counseling on marital satisfaction in Nulliparous pregnant women attending to the cillinics of Asadabad in 2015

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: first pregnancy; gestational age 16-24 weeks; not being addicted; not taking antidepressants; Enrich marital satisfaction questionnaire score below 60; not having physical and mental disorders, according to the pregnancy records. Exclusion criteria: any problems in pregnancy during the study period; major mental and emotional changes (such as death or serious disputes).

Age

From **15 years** old to **35 years** old

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**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 Hamadan University of Medical Sciences

Street address

Hamedan University of Medical Sciences, Shahid Fahmide St., Hamedan

City

Hamadan

Postal code

65178

Approval date

2015-09-26, 1394/07/04

Ethics committee reference number

IR.UMSHA.REC.1394.297

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

The effect of life skills counseling on marital satisfaction in Nulliparous pregnant women

ICD-10 code

Z34.8

ICD-10 code description

Supervision of other normal pregnancy

Primary outcomes**1****Description**

Marital Satisfaction

Timepoint

Before intervention ,4 and 8 week after intervention

Method of measurement

Enrich marital satisfaction questionnaire

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

life skills

Timepoint

Before intervention ,4 and 8 week after intervention

Method of measurement

Checklist

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

Intervention group: providing life skills counseling to pregnant women by midwives with group counseling approach.Counseling sessions 8 sessions of 60 minutes for groups of pregnant women is 11 members. .During this Intervention Pamphlet will be placed in Intervention test

Category

Prevention

2**Description**

Control group: regular prenatal care

Category

Other

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

Clinic number 1

Full name of responsible person

Batul Khodakarami

Street address

Imam Khomeini Square

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Asadabad

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor of Research Technology, Hamadan

University of Medical Sciences

Full name of responsible person

Dr. Bashirian Saeed

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Hamedan University of Medical Sciences, Shahid
Fahmide St., Hamedan

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Hamedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor of Research Technology, Hamedan
University of Medical Sciences

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

Hamedan University of Medical Sciences

Full name of responsible person

Batul Khodakarami

Position

Master of Science, Faculty of Nursing and Midwifery

Other areas of specialty/work

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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