

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Comparison the efficacy of reality therapy in group counselling and life skills training on quality of life of menopausal women

Protocol summary

Summary

This study aimed to evaluate the effectiveness of life skills training and counseling reality therapy on quality of life in menopausal women in Arak. This research is educational trial. Research done in the city in 1393. The sample size in each group is 20 people. Sampling at five clinics in the five districts of the city and Retirement center city and Charitable seniors Easy and simple to be done. Inclusion criteria: 48-55 years, 12 months have passed since their last menstrual period, Persian origin, primary education is the minimum level of education, don't training courses already have passed the menopause before education, lack of drug addiction, lack of chronic illness, lack of getting the treatment of hormone therapy to treat symptoms of menopause, Interested in participating in the study, Lack of mental health problems exclusion criteria: An unwillingness to continue participation in the study. Absenteeism over a meeting, The incidence of adverse events and circumstances prior to collecting data on the second questionnaire. The participants are selected based on criteria. If there is a requirement for inclusion demographic and quality of life questionnaire (MENQOL) is completed. The women are divided into three groups A, B and C. group of A of women training skills training will be given. group of B of women will teach counselling choice theory. group of C are controls. After one month of the end teaching and counseling Quality of Life Questionnaire (MENQOL) again completed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014120920258N2**

Registration date: **2015-03-26, 1394/01/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-03-26, 1394/01/06

Registrant information

Name

Fariba Farokhi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3222 2003

Email address

f.farokhi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences and Health Services

Expected recruitment start date

2014-12-20, 1393/09/29

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the efficacy of reality therapy in group counselling and life skills training on quality of life of menopausal women

Public title

Comparison the efficacy of reality therapy in group counselling and life skills training on quality of life of menopausal women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:48-55 years, 12 months have passed since their last menstrual period ,Persian origin, primary education is the minimum level of education,don't training courses already have passed the menopause before education, lack of drug addiction, lack of chronic illness, ,lack of getting the treatment of hormone therapy to treat symptoms of menopause, Interested in participating in the study,Lack of mental health problems
exclusion criteria:An unwillingness to continue participation in the study. Absenteeism over a meeting,The incidence of adverse events and circumstances prior to collecting data on the second questionnaire

Age

From **48 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences and Health Services

Street address

Counseling in midwifery group, School of Nursing and Midwifery, Arak University of Medical Sciences,payambar azam, sardasht, Basij, Arak, Iran

City

Arak

Postal code

38481-7-6941

Approval date

2014-12-01, 1393/09/10

Ethics committee reference number

93-24-171

Health conditions studied

1

Description of health condition studied

Menopause counseling- quality of life

ICD-10 code

Z71.9

ICD-10 code description

Counselling, unspecified

Primary outcomes

1

Description

Quality of life after reality counseling

Timepoint

Before intervention-one month after intervention

Method of measurement

Questionnaire of quality of life menopausal women(MENQOL)

2

Description

Quality of life after training life skills

Timepoint

before intervention-one month after intervention

Method of measurement

Questionnaire of quality of life menopausal women(MENQOL)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention groups: There are two groups. One group menopause women train life skills in 8 sessions for two hours, Researcher see this women in three days a week. Control measures might not accept them.

Category

Lifestyle

2

Description

Intervention Group: The next group menopause women counseling reality therapy in 8 sessions for two hours, Researcher see this women in three days a week. Control measures might not accept them.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Five clinics in Arak city

Full name of responsible person

Fariba-Farokhi-student of master of counseling in midwifery

Street address

City

Arak

2

Recruitment center

Name of recruitment center

Institutions of Charitable Elderly

Full name of responsible person

Fariba-Farokhi-student of master of counseling in midwifery

Street address

City

Arak

3

Recruitment center

Name of recruitment center

Center for Retirement

Full name of responsible person

Fariba-Farokhi-student of master of counseling in midwifery

Street address

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences and Health Services

Full name of responsible person

Fereshte Narenji, Faculty

Street address

Arak medical science university, Payambar azam Educational Complex, Meidan Basij, Sardasht

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak University of Medical Sciences and Health Services

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

Arak University of Medical Sciences and Health Services

Full name of responsible person

Fariba Farokhi

Position

Student of master of counseling in midwifery

Other areas of specialty/work

Street address

MSc student in midwifery in counseling, School of Nursing and Midwifery, Arak University of Medical Sciences-Payambar azam Educational Complex, Basij, Sardasht

City

Arak

Postal code

38481-7-6941

Phone

+98 86 3471 3505

Fax

Email

f.farokhi@arakmu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences and Health Services

Full name of responsible person

Fereshte Narenji

Position

Faculty

Other areas of specialty/work

Street address

School of Nursing and Midwifery, Arak University of Medical Sciences, Payambar azam Educational Complex, Basij, Sardash

City

Arak

Postal code

38481-7-6941

Phone

+98 86 3417 3505

Fax

Email

fnarenedjie@yahoo.ca

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Arak University of Medical Sciences and Health Services

Full name of responsible person

Fariba Farokhi

Position

Student of master of counseling in midwifery

Other areas of specialty/work

Street address

MSc student in midwifery in counseling, School of Nursing and Midwifery, Arak University of Medical Sciences-Payambar azam Educational Complex ,Basij ,Sardash ,Arak

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Postal code

38481-7-6941

Phone

+98 86 3471 3505

Fax

Email

f.farokhi@arakmu.ac.ir

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