Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Sep 2026

Effects of Communication skills counseling in premarital classes on marital satisfaction in couples

Protocol summary

Summary

Objectives:the aim of this survey is the assessment of skills communication counseling in pre-marriage training classes in couple’s marital satisfaction . Design:the study is an experimental clinical survey which include two groups; intervention and control. Setting and conduct: sampling method will perform according to availability of participants. After obtaining informed consent of participants samples based on quarterly block randomization will be divided into two intervention and control groups. In This study blinding is impossible.Thirty couples will be participated in study. Inclusion criteria : diploma and higher education;no debilitating or incurable disease and no history of a previous marriage. Exclusion criteria: history of mental illness ؛ using of antidepressants and antianxiety drugs ؛ addiction Intervention: in intervention group in addition of routine premarital classes the counselling class with these contents perform: First session: Couples' knowledge of self, other and living together Second Session: Assertiveness Third session: Active listening Forth session: Control emotions Fifth Session: problem-solving skills Sixth Session: sexual relationship Seventh session: social relationships with family and friends In control group, subjects will receive traditional counseling methods. Main outcome measure: marital satisfaction scores will be main outcome Before beginning of intervention marital satisfaction questionnaire will be completed. in both intervention and control groups after 8 weeks of classes Enrich marital satisfaction questionnaire will be completed again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016060720719N4**
Registration date: **2016-09-17, 1395/06/27**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2016-09-17, 1395/06/27

Registrant information

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Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2016-07-05, 1395/04/15

Expected recruitment end date

2016-09-05, 1395/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Communication skills counseling in premarital classes on marital satisfaction in couples

Public title

Effects of Communication skills counseling in premarital classes on marital satisfaction in couples whom referred to health centers of Alborz University of Medical Sciences in 2016

Purpose
Diagnostic
Inclusion/Exclusion criteria
Inclusion criteria: Diploma and higher؛ No history of mental illnesses; No use of Depression and anxiety drugs; No any addiction;NO any debilitating or incurable diseases;Lack of Previous marriage in history Exclusion criteria: Withdraw from the study; the separation of couples
Age
No age limit
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
N/A
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 Alborze University of Medical Science
Street address
Alborz University of Medical Science, Azimieh, Alborz, Iran
City
karaj
Postal code
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
abzumsRec1395014

Health conditions studied

1

Description of health condition studied
Marital satisfaction
ICD-10 code
Z70.0
ICD-10 code description
Counselling related to sexual attitude

Primary outcomes

1

Description
Marital Satisfaction
Timepoint
Before intervention; after intervention; eight week after intervention
Method of measurement
ENRICH- Marital Satisfaction Questionnaire

Secondary outcomes

1

Description
Couple's Communication Skills
Timepoint
Before the intervention, at the end of the intervention, 8 weeks after intervention
Method of measurement
Inventory Couple's Communication Skills

Intervention groups

1

Description
In the intervention group communication skills will be taught in seven 90-minute sessions .
Category
Behavior

2

Description
There will be no intervention in the control group and the control group take part in routine pre-marriage counseling classes.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Rast Ravesh Health Center
Full name of responsible person
Maryam Ghobadiani
Street address
Shahid Rast Ravesh Clinic, next to Danesh Pool, After Taleghani Crossroad, Shahid Beheshti Street, Alborz Province
City

Alborz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The Research Choncellor Of Alborz Medical University

Full name of responsible person

Dr.Mohammad Javad Gharavi

Street address

The Research Choncellor Department Of Alborz Medical University, Azimieh Square, Alborz, Iran

City

Alborz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The Research Choncellor Of Alborz Medical 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

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

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Position

Master's Degree / Research Expert

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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