

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jun 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

###### Name

Sara Esmaelzadeh Saeieh

###### Name of organization / entity

Alborz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 26 3433 6007

###### Email address

s-esmaelzadeh@razi.tums.ac.ir

##### 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 Alborz 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**

## 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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Master's Degree / Research Expert

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## Person responsible for scientific

## inquiries

#### Contact

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## Person responsible for updating data

#### Contact

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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*