Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of cognitive behavioral counseling on marital satisfaction of couples

Protocol summary

Summary

This semiexperimental study designed to determine the effect of cognitive-behavioral counseling on marital satisfaction.After completing the ENRICH marital satisfaction questionnaire by the couples who referred to the selected healthy centers and passed 1-5 years of their marriage, 60 couples by score between 30-60 selected (20 couples from each center) and randomly devided to two groups of intevention and control. Then the couples of intervention group participated in 5 counseling sessions of 2 hours.We had no intervention in the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100424340N1**
Registration date: **2015-11-20, 1394/08/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-11-20, 1394/08/29

Registrant information

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Urmia University of Medical Science
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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences, Vice Chancellor for Research and Technology

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavioral counseling on marital satisfaction of couples

Public title

The effect of counseling on marital satisfaction

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Living in Urmia; Passed at least one year and up to 5 years of marriage; First marriage of couples; optionally Marriage; availability during the month of intervention; Monogamous Men; Nonpregnant; Minimum education to read and write; No known chronic physical and mental diseases,according to clients expression; no diseases affecting sexual relations(Diabetes, multiple sclerosis, epilepsy, respiratory disease, cancers, hypertension); no consumption of effective drugs on sexual performance(hypotensive drugs, cimetidine, digoxin, thiazide diuretics, antihistamines, barbiturates, amphetamines, diazepam, cocaine, progesterone, antidepressants); No history of any genital surgeries(including hysterectomy, breast surgery); No history of infertility; Non-participating couples in similar

counseling sessions outside of research environments. exclusion criteria: become pregnant during the study; the occurrence of adverse events in the lives of couples(death of loved ones, accidents with disabilities).

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Urmia university of medical sciences

Street address
Emergency Alley, Resalat Blvd, Urmia

City
Urmia

Postal code
5714783734

Approval date
2015-04-08, 1394/01/19

Ethics committee reference number
umsu.rcc.1393.223

Health conditions studied

1

Description of health condition studied
marital satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
marital satisfaction

Timepoint
before entervention,One Month after intervention

Method of measurement
ENRICH marital satisfaction questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
There was no intervention in the control group.

Category
Other

2

Description
For the couples of intervention group, 5 counseling sessions for 2 hrs, conducted with one week intervals. 1-3 sessions conducted for couples together and 4,5 sessions conducted for men and women separately. Topics of he sessions: First session: communication skills, second session: conflict-solving skill, third session: problem solving skill, fourth session: sexual skills, fifth session: sexual intimacy

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Healthy center No.6

Full name of responsible person
Maryam Hamedani

Street address
kashani street

City
Urmia

2

Recruitment center

Name of recruitment center
Healthy center of Eghbal

Full name of responsible person
Maryam Hamedani

Street address
Shohada street

City
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3

Recruitment center
Name of recruitment center
Healthy center of Nik'khah
Full name of responsible person
Maryam Hamedani
Street address
Dokhaniat
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Urmia University of Medical Sciences
Full name of responsible person
Dr. Iraj Mohebbi
Street address
Emergency Alley, Resalat Blvd, Urmia
City
Urmia
Grant name
Grant code / Reference number
1641
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Urmia 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

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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