

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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 divided to two groups of intervention 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

Name

Hamideh Mohaddesi

Name of organization / entity

Urmia University of Medical Science

Country

Iran (Islamic Republic of)

Phone

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Email address

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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 intervention,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

Urmia

3

Recruitment center

Name of recruitment center

Healthy center of Nik'khah

Full name of responsible person

Maryam Hamedani

Street address

Dokhaniaat

City

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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

Contact

Name of organization / entity

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Position

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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