

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jun 2026

### The effect of strengthening relationships based on choice theory on the quality of the marital relationship University of Medical Sciences married female students

#### Protocol summary

##### Summary

The aim of this study will be evaluate the effect of strengthening relationships based on choice theory on the quality of the marital relationship University of Medical Sciences married female students. This study is a randomized clinical trial will be done in 1395 in the city of Mashhad. Four schools will be selected randomly from faculties of Mashhad University of Medical Sciences. A total of 108 students of married women between the volunteers according to inclusion And exclusion criteria will be selected.hey were randomly divided into control and test groups. Inclusion criteria: Iran and the Persian language; undergraduate and graduate students; in the first 5 years of marriage; having a contact number; now lives with his wife. Exclusion criteria: Already have received training about choice theory; with a particular medical condition; during the past year See psychiatry; during the last 6 months been under major stress; are pregnant or sold in the BE postpartum period; or your spouse have remarried person; have a drug addiction. Exclusion criteria during the study: unwillingness to participate in the study; the absence of more than two sessions; participate in the tests; during sessions for his major stressful events occur. The intervention group training sessions four 90-minute sessions twice a week will be receive and the control group with no intervention does not take place. In order to collect data from demographic and academic questionnaire, has been revised marital quality (RDAS) and scale the quality of the marital relationship based on the theory of Glaser will be used before and 4 weeks after intervention by the participants completed .

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016100430134N1**

Registration date: **2017-01-30, 1395/11/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-01-30, 1395/11/11

##### Registrant information

###### Name

Elham Khosravi

###### Name of organization / entity

Mashhad University of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 54 3341 2536

###### Email address

khosravie931@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

##### Expected recruitment start date

2016-10-15, 1395/07/24

##### Expected recruitment end date

2016-12-14, 1395/09/24

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of strengthening relationships based on choice theory on the quality of the marital relationship  
University of Medical Sciences married female students

#### Public title

the effect of education on marriage relationship

#### Purpose

Health service research

#### Inclusion/Exclusion criteria

Inclusion criteria: Iran and the Persian language; undergraduate and graduate students; in the first 5 years of marriage; the phone is back. Exclusion criteria: student guests; before learning about theory and its effect on the quality of the marital relationship is received; with a particular medical condition; during a visit last year to have a psychiatrist or mental illness admitted to the hospital due to is; During the last 6 months been under major stress; are pregnant or sold in the BE postpartum period; or your spouse have remarried person; or hookah smoking is drug addiction. Exclusion criteria during the study: unwillingness to participate in the study; the absence of more than two sessions; participate in the tests; are holding meetings to receive similar services from elsewhere; during sessions for his major stressful event happen.

#### Age

No age limit

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: 108

#### 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

Ethics committee of Mashhad University of Medical Sciences

###### Street address

Mashhad, University Avenue, Building Qureshi

###### City

mashhad

#### Postal code

91388-13944

#### Approval date

2016-05-07, 1395/02/18

#### Ethics committee reference number

ir.mums.rec.1395.78

### Health conditions studied

#### 1

##### Description of health condition studied

quality of marital relationship

##### ICD-10 code

##### ICD-10 code description

### Primary outcomes

#### 1

##### Description

quality of marital relationship

##### Timepoint

Once before the intervention and again 1 month after the intervention

##### Method of measurement

Inventory RDAS marital quality and marital quality questionnaire based on Glasser's Choice Theory

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

intervention group: 54 people will be divided into two groups of 15 individuals and two groups of 12 individuals and In the four 90-minute sessions of group training to strengthen relationships based on choice theory will participate. training will be presented by speeches, questions and answers and PowerPoint and all training will be conducted by the researcher.

##### Category

Behavior

#### 2

##### Description

Control group: will not receive any education and training sessions. for ethical points, in the end the booklet of training sessions will be provided.

##### Category

Behavior

### Recruitment centers

1

#### Recruitment center

**Name of recruitment center**

Faculty of nursing and midwifery of Mashhad

**Full name of responsible person**

Elham khosravi

**Street address**

**City**

Mashhad

#### Sponsors / Funding sources

1

#### Sponsor

**Name of organization / entity**

Vice chancellor for research, Mashhad University of Medical Sciences

**Full name of responsible person**

mohsen tafaghodi

**Street address**

Building Qureshi, Daneshgah Avenue

**City**

mashhad

**Grant name**

-

**Grant code / Reference number**

-

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

Yes

**Title of funding source**

Vice chancellor for research, Mashhad 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**

Faculty Nursing and Midwifery of Mashhad

**Full name of responsible person**

Talat khadivzadeh

**Position**

PHD in reproductive health

**Other areas of specialty/work**

**Street address**

Crossroads Doktora,Ibn-Sina Avenue

**City**

Mashhad

**Postal code**

**Phone**

+98 51 3859 1511

**Fax**

**Email**

khadivzadeht@mums.ac.ir

**Web page address**

#### Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Faculty Nursing and Midwifery of Mashhad

**Full name of responsible person**

Talat khadivzadeh

**Position**

PHD in reproductive health

**Other areas of specialty/work**

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**Web page address**

#### Person responsible for updating data

#### Contact

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Elham khosravi

**Position**

Graduate student in midwifery advice

**Other areas of specialty/work**

**Street address**

Cross Doctor, Ibn-Sina Street

**City**

Mashhad

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**Phone**

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**Fax**

**Email**

khosravie931@mums.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*