

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 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

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Phone

+98 51 3859 1511

Fax

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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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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

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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