

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of post marriage education on communication, conflict resolution, sexual satisfaction and marital satisfaction scores in newlyweds and quality of educational course from their views

Protocol summary

Summary

Abstract: Objectives: 1) Determining the effectiveness of post marriage education on communication, conflict resolution, sexual satisfaction and marital satisfaction scores in newlyweds 2) Determining the quality of educational course from couples' views. Study design: Conducting a non- randomized, unblinded controlled trial with the approach of before, after and one month after the intervention in one health center. Study population: Newly married couples before beginning marital life under the same roof. Inclusion criteria: Being at first marriage; Having at least primary education. Exclusion criteria: Having acute psychological- personality disorders and apparent addiction to drugs and alcohol; Previous attendance at the classes of communication, conflict resolution, sexual and life skills. Sample size: Allocation of 60 newlyweds into control (30) and intervention (30) groups through executive sampling method. Intervention studied: Holding the first educational sessions for each couple separately, giving educational package provided in the domains of communication, conflict resolution and sexual satisfaction in the format of handouts, DVD, brochures, work book and a guide to explain how to study the package within one month at home to each couple at the end of the session, encouraging couples to study the package by sending SMS through mobile and holding the second educational sessions for each couple separately. Intervention time: 30 days. Measurements: Demographic questionnaire; 2 Enrich inventories including Three Couple Scales and Couple Sexual Relationship Scale to assess communication, conflict resolution, marital satisfaction and sexual satisfaction variables; Quality questionnaire constructed by the researcher to assess quality of educational course from couples' views. The primary outcome of the study: Significant increase in communication, conflict resolution, sexual satisfaction

and marital satisfaction scores in intervention group after the intervention and increase in those except for marital satisfaction one-month after the intervention compared to before the intervention and significant increase in communication and marital satisfaction scores in intervention group after the intervention and for all of 4 variables one-month after the intervention compared to control group. High level quality assessment of education course by %76.7 of couples of intervention group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016110930796N1**

Registration date: **2017-01-13, 1395/10/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-13, 1395/10/24

Registrant information

Name

Masoumeh Mohajer Rahbari

Name of organization / entity

Shahrood University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Shahrood University of

Medical Sciences	Ethics committee of Shahroud University of Medical Sciences
Expected recruitment start date 2015-01-21, 1393/11/01	Street address 7 Tir Square,
Expected recruitment end date 2015-05-22, 1394/03/01	City Shahroud,
Actual recruitment start date empty	Postal code 3613773955
Actual recruitment end date empty	Approval date 2015-01-07, 1393/10/17
Trial completion date empty	Ethics committee reference number 930/26
Scientific title The effectiveness of post marriage education on communication, conflict resolution, sexual satisfaction and marital satisfaction scores in newlyweds and quality of educational course from their views	Health conditions studied
Public title Post marriage education	1
Purpose Health service research	Description of health condition studied Communication skill, conflict resolution skill, sexual satisfaction, marital satisfaction
Inclusion/Exclusion criteria Inclusion criteria: Being at first marriage; Having at least primary education. Exclusion criteria: Having acute psychological- personality disorders and apparent addiction to drugs and alcohol; Previous attendance at the classes of communication, conflict resolution, sexual and life skills.	ICD-10 code Z71.9
Age No age limit	ICD-10 code description Counseling, Unspecified
Gender Both	Primary outcomes
Phase 3	1
Groups that have been masked No information	Description Marital satisfaction
Sample size Target sample size: 120	Timepoint Before intervention, after intervention, one-month after intervention
Randomization (investigator's opinion) Not randomized	Method of measurement Standard inventory of Three Couple Scales
Randomization description	2
Blinding (investigator's opinion) Not blinded	Description Sexual satisfaction
Blinding description	Timepoint Before intervention, after intervention, one-month after intervention
Placebo Not used	Method of measurement Standard inventory of Couple Sexual Relationship Scale
Assignment Other	3
Other design features	Description Conflict resolution skill
Secondary Ids empty	Timepoint Before intervention, after intervention, one-month after intervention
Ethics committees	Method of measurement Standard inventory of Three Couple Scales
1	4
Ethics committee	Description Communication skill
Name of ethics committee	Timepoint

Before intervention, after intervention, one month after intervention

Method of measurement

Standard inventory of Three Couple Scales

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Holding the first 90-minute educational session for each of 30 couples separately after completing standard questionnaires of Three Couple Scales and Couple Sexual Relationship Scale for assessment of communication and conflict resolution skills, marital satisfaction and sexual satisfaction, giving educational package provided by the researcher based on the raw data received from Population, Family and School Health Department of Iran's Ministry of Health and Medical education in communication, conflict resolution and sexual relationship domains in the format of handouts, DVD, brochures, work book and a guide to explain how to study the package within one month at home to each couple at the end of the first educational session, encouraging couples to study the package at home by sending SMS through mobile during one month determined for that and completing the mentioned questionnaires at the end of intervention, holding the second 90-minute educational session for each of 30 couples separately after one month and completing the same questionnaires and also quality questionnaire from couples' views at the end of this session.

Category

Behavior

2

Description

Control group: No educational intervention in 30 couples of this group, completing the same questionnaires of intervention group before, after and one month after the intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health care Center of Azima in Shahroud City

Full name of responsible person

Mohammad Hassan Emamian

Street address

7 Tir Square,

City

Shahroud,

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Shahroud University of Medical Sciences

Full name of responsible person

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Street address

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Grant name

93114

Grant code / Reference number

93114

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

Yes

Title of funding source

Vice chancellor for research of Shahroud 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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Full name of responsible person

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Position

PhD in Reproductive Health

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