Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

Shahroud University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 5054

Email address

shaghaieghmohajer@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Shahroud University of

Medical Sciences

Expected recruitment start date
2015-01-21, 1393/11/01
Expected recruitment end date
2015-05-22, 1394/03/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

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

Public title
Post marriage education
Purpose
Health service research
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.
Age
No age limit
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **120**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shahroud University of Medical Sciences
Street address
7 Tir Square,
City
Shahroud,
Postal code
3613773955
Approval date
2015-01-07, 1393/10/17
Ethics committee reference number
930/26

Health conditions studied

1

Description of health condition studied
Communication skill, conflict resolution skill, sexual satisfaction, marital satisfaction
ICD-10 code
Z71.9
ICD-10 code description
Counseling, Unspecified

Primary outcomes

1

Description
Marital satisfaction
Timepoint
Before intervention, after intervention, one-month after intervention
Method of measurement
Standard inventory of Three Couple Scales

2

Description
Sexual satisfaction
Timepoint
Before intervention, after intervention, one-month after intervention
Method of measurement
Standard inventory of Couple Sexual Relationship Scale

3

Description
Conflict resolution skill
Timepoint
Before intervention, after intervention, one-month after intervention
Method of measurement
Standard inventory of Three Couple Scales

4

Description
Communication skill
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 3o 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

Mohammad Hassan Emamian

Street address

7 Tir Square,

City

Shahroud,

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

Shahroud University of Medical Sciences

Full name of responsible person

Masoumeh Mohajer Rahbari

Position

PhD in Reproductive Health

Other areas of specialty/work

Street address

2 nd Unit, No 30, Yasaman Street, Shahrak-e Daneshgah, after Aghdasieh, Artesh Boulevard,

City

Tehran,

Postal code

1955635715

Phone

+98 21 2245 3164

Fax

+98 21 2627 0585

Email

shaghaieghmohajer@gmail.com; ramoonmohajer@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Mohammad Shariati
Position
PhD in Comminity Medicine
Other areas of specialty/work
Street address
Pour Sina Street, Keshavarz Boulevard,
City
Tehran,
Postal code
1417613151
Phone
+98 21 8896 2357
Fax
Email
shariati.ir@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
Masoumeh Mohajer Rahbari
Position
PhD in Reproductive Health
Other areas of specialty/work
Street address
2nd Unit, No 30, Yasaman Street, Shahrak-e Daneshgah, after Aghdasieh, Artesh Boulevard,
City
Tehran,
Postal code
1955635715
Phone
+98 21 2245 3164
Fax
+98 21 2676 0585
Email
shaghaieghmohajer@gmail.com; ramoonmohajer@yahoo.com
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