

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effectiveness of group psychodynamic psychotherapy on the personality dimensions in divorce and non-divorce woman with low marital satisfaction

Protocol summary

Summary

To help the patients make effective relationship and leave irresponsibility and to have trust to one self and others, which is a vital factor to enhance the level of marriage satisfaction of the couples, this study have following goals: Enhancing personal capabilities, self-disclosure, creating satisfaction and positive motives, self-finding, emotional cognition, adjusting emotions, thrills and excitement, and also cognition correction and leaving ineffective methods. This study is a pre-test and post-test study. All the patients who come to Khaneh Roshan Doust Psychological Studies Institute will be examined by questionnaire and interview; From them, 45 women will be chosen and will be put into three groups (without randomization), each containing 15 people. Group one is Divorced women, group 2 is Undivorced women (married) with a low level of marital satisfaction and group 3 is the control group. Inclusion criteria: Having the minimum physical and cognitive fitness to participate the psychological interferences; having the interest to participate; having a total marriage satisfaction score within 3 lower deciles (lower than 130) based on Enrich Marriage Satisfaction Questionnaire. Exclusion criteria: having severe physical illnesses, especially heart disease, substance abuse, psychosis and mental disorders. At first, group 1 and group 2 will join in 24 sessions of psychoanalytic group therapy and the third group, the control group, will receive no treatment. Meanwhile, the third group will be theoretically taught how to treat with husband and how to raise children. outcomes: personality dimensions and marital satisfaction

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060434320N1**

Registration date: **2017-09-13, 1396/06/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-13, 1396/06/22

Registrant information

Name

Sahra Golafrooz

Name of organization / entity

Khaneh Roshan Doust Psychological Studies Institute

Country

Iran (Islamic Republic of)

Phone

+98 915 757 5677

Email address

bayatn2@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Khaneh Roshan Dost Psychological Studies Institute

Expected recruitment start date

2016-03-20, 1395/01/01

Expected recruitment end date

2016-08-22, 1395/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group psychodynamic

psychotherapy on the personality dimensions in divorce and non-divorce woman with low marital satisfaction

Public title

The effectiveness of group psychodynamic psychotherapy on the personality dimensions in divorce and non-divorce woman with low marital satisfaction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having the minimum physical and cognitive fitness to participate the psychologic interferences; having the interest to participate; having a total marriage satisfaction score within 3 lower deciles (lower than 130) based on Enrich Marriage Satisfaction Questionnaire. Exclusion criteria: having severe physical illnesses, especially heart disease, substance abuse, psychosis and mental disorders.

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not 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 Azad University of Shahrood

Street address

Shahrood

City

Shahrood

Postal code

Approval date

2016-03-09, 1394/12/19

Ethics committee reference number

10954

Health conditions studied

1

Description of health condition studied

Personality dimensions

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Personality dimensions

Timepoint

Before and three months after intervention

Method of measurement

Catell's Sixteen Factors Personality Inventory

Secondary outcomes

1

Description

Marital Satisfaction

Timepoint

Before and three months after intervention

Method of measurement

ENRICH Marital Satisfaction Inventory

Intervention groups

1

Description

Intervention1: Psychotherapy in a group psychodynamic psychotherapy, held in 24 sessions in two sessions per week for two hours. group psychodynamic psychotherapy sessions include: Examining the problem and motivation of patients to attend the treatment process, feeling emotions, naming feelings, focusing on the feelings that people avoid. Examination of anxiety symptoms, anxiety tolerance threshold, anxiety regulation And a deep understanding of emotions, confrontation with defenses And transefrance, in general, is infiltration to the unconscious

Category

Treatment - Other

2

Description

Control group: Routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Khaneh Roshan Doust Psychological Studies Institute

Full name of responsible person

Mehdi Mehryar

Street address

No 883, Moallem Bolevard, between 53th and 55th,
Mashhad,Iran

City

Khorasan Razavi

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Khaneh Roshan Doust Psychological Studies Institute

Full name of responsible person

Mehdi Mehryar

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No 883, Moallem Bolevard, between 53th and 55th,
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City

Mashhad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Khaneh Roshan Doust Psychological Studies Institute

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**

Khaneh Roshan Doust Psychological Studies Institute

Full name of responsible person

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Psychologist

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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