Clinical Trial Protocol
Iranian Registry of Clinical Trials

25 Nov 2026

Effectiveness of existential concerns on psycho-education in reducing marital conflicts

Protocol summary

Summary

The present study will investigating the effectiveness of existential concerns on psycho-education in reducing marital conflicts among married women. The research method will be a pre-test and post-test experimental design with a control group. The instrument will use in this study is marital conflict questionnaire (MCQ). The statistical population of this study consists of only women who are refer to the community center of the northern program organization at district five in Tehran. 26 subjects, whose scores indicate an average marital conflict, will select and randomly assign to the experimental and control groups. The experimental group will train to deal with existential concerns during the nine sessions each lasting 90 minutes which will hold weekly, while the control group was in the waiting list. After the end of the training, both the groups will subject to the post-test. The research findings will be analyze by using co-variance analysis method.

General information

Acronym

Existential therapy

IRCT registration information

IRCT registration number: **IRCT2017070934977N1**
Registration date: **2017-09-04, 1396/06/13**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-09-04, 1396/06/13

Registrant information

Name

Fatemeh Mahani

Name of organization / entity

Allame tabatabaee university

Country

Iran (Islamic Republic of)

Phone

+98 44605606

Email address

f.mahani@afu.ac.ir

Recruitment status

Recruitment complete

Funding source

The financial support of this research is the Allame Tabatabee University Department of Psychology and Educational Sciences.

Expected recruitment start date

2017-09-01, 1396/06/10

Expected recruitment end date

2017-10-02, 1396/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of existential concerns on psycho-education in reducing marital conflicts

Public title

The effectiveness of existential therapy on marital conflicts

Purpose

Supportive

Inclusion/Exclusion criteria

Entering conditions Exit condition Being female Being male Being married Being single Being married for more than 5 years Being married less than 5 years Having child Don't having child Getting T=40-60 on MCQ test Getting less or more score than T=40-60 on MCQ test

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **26**

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

1

Registry name

Existential concerns

Secondary trial Id

103457

Registration date

1394-10-01, 777/01/-1265

Ethics committees

1

Ethics committee

Name of ethics committee

Irandoc

Street address

Palestine crossroads. Islamic Revolutionary Street. Tehran.

City

Tehran

Postal code

۱۳۱۵۷۷۳۳۱۴

Approval date

2015-12-22, 1394/10/01

Ethics committee reference number

103457

Health conditions studied

1

Description of health condition studied

Marital conflict

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Marital conflict

Timepoint

1 month

Method of measurement

Marital conflict questionnaire (MCQ)

Secondary outcomes

empty

Intervention groups

1

Description

Seventh: interpersonal relationship 1. Follow-up of related concepts with interpersonal relationship and exposure of members to to the impotence and role of interpersonal relationship and its effect on existence.

Category

Lifestyle

2

Description

Eighth: death 1. Exposure of members to death in order to create motive in them to move towards choosing life and understanding the importance and necessity of here and now.

Category

Lifestyle

3

Description

Ninth: end 1. Conclusion of points taught in previous sessions 2. Review of what the members have learned 3. Answering the questions raised by members and correcting the learned items..

Category

Lifestyle

4

Description

Second: meaning 1. Review the goals and expectations of members from life 2. Review the meaning held by members towards life 3. Exposure of members to discovery of existence meaning

Category

Lifestyle

5

Description

Third: meaning 1. Follow-up of goals of previous session, explore the concept of meaning 2. Review of creative behaviors and their exposure to meaning discovery in

creativity

Category

Lifestyle

6

Description

Forth: freedom 1. Exposure of members to existential concern of freedom 2. Express the meaning of existential freedom, explane the importance and the power of existential freedom 3. Exposure of members to this fact that they are free to construct their lives and not to be a victim to fate, in spite of all restrictions.

Category

Lifestyle

7

Description

Fifth: freedom, choice and responsibility 1. Exposure of members to the fact that human is in the process of choosing, even when they wish not to choose; in fact, they have chosen not to choose and not to make decision 2. Exposure of members to the concept of responsibility and its role in life and moving from compulsion to selection

Category

Lifestyle

8

Description

Sixth: interpersonal relationship 1. Exposure of members to this dimension of existence that human lives in interaction with others 2. Exposure of members the different forms of relationship with others in the field of interpersonal relationship.

Category

Lifestyle

9

Description

First: familiarity First: 1. Familiarity with group psycho-education atmosphere and the content of the sessions 2. Provide a general picture of existential concepts 3. Answer to the questions raised by members

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Community center of the northern program organization

Full name of responsible person

Fatemeh Mahani

Street address

Ayatollah Kashani Avenue, opposite the Mashhad Mafi Mosque, the end of Shahid Bratlu Street, inside Mariam Park,

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Allame tabtabaee university

Full name of responsible person

Fatemeh Mahani

Street address

Allame tabatabaee university, varzesh square, dehkade olampiq, west hemmat

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Allame tabtabaee university

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

Allame tabatabaee university

Full name of responsible person

Seyed Mohammad Kalantarkushe

Position

PHD, University Professor

Other areas of specialty/work

Street address

Allame tabatabaee university, varzesh square, dehkade olampiq, west hemmat

City

Tehran

Postal code

۱۴۸۹۶۸۴۵۱۱

Phone

+98 21 4839 0000

Fax

Email

kalantar.counseling@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Allame tabatabaee university

Full name of responsible person
Seyed Mohammad Kalantarkushe

Position
PHD

Other areas of specialty/work

Street address
Allame tabatabaee university, varzesh square, dehkade olampiq, west hemmat

City
Tehran

Postal code
۱۴۸۹۶۸۴۵۱۱

Phone
+98 21 4839 0000

Fax

Email
kalantar.counseling@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Allame tabatabaee university

Full name of responsible person
Fatemeh Mahani

Position
Masters

Other areas of specialty/work

Street address
Allame tabatabaee university, varzesh square, dehkade olampiq, west hemmat

City
Tehran

Postal code
۱۴۸۹۶۸۴۵۱۱

Phone
+98 21 4839 0000

Fax

Email
f.mahani@afu.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