

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of rational - emotional behavioral therapy on spousal intimacy and marital satisfaction of female nurses who work in educational Hospitals

Protocol summary

Study aim

Determination of the effect of Rational-Emotional Therapy on spousal intimacy and marital satisfaction of female nurses working at Yasuj educational Hospitals

Design

A randomized field trial with a control group, with a parallel-group design, phase 2-3 of trial, without blinding, 86 eligible female nurses who work in educational Hospitals of Yasuj city assigned into an intervention group (rational-emotional therapy) and control group (No intervention) using block randomization, outcomes assessed immediately after completion of the intervention

Settings and conduct

This randomized field trial without blinding was carried out on female nurses who worked at educational Hospitals of Yasuj, Iran in 2017.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having college education in nursing; Living in a house with his/her spouse at the beginning of the research; The score of 60 or lower on the Walker and Thompson scale of spousal intimacy; The score of 35 or higher on the Hudson Index of Marital Satisfaction; Written consent for participation in the research. Non-inclusion criteria: Treated with psychiatric drugs, psychotherapy or couple therapy; Being on the verge of divorce at the beginning of the study; History of participating in a similar study.

Intervention groups

Intervention group: A 90-minute weekly session of rational-emotional therapy for eight weeks. Control group: No intervention.

Main outcome variables

spousal intimacy; marital satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171031037136N2**

Registration date: **2020-03-09, 1398/12/19**

Registration timing: **retrospective**

Last update: **2020-03-09, 1398/12/19**

Update count: **0**

Registration date

2020-03-09, 1398/12/19

Registrant information

Name

Mahvash Mohammadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

mahvash.mohamadi@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-22, 1397/04/01

Expected recruitment end date

2018-11-21, 1397/08/30

Actual recruitment start date

2018-06-22, 1397/04/01

Actual recruitment end date

2018-11-21, 1397/08/30

Trial completion date

2018-11-21, 1397/08/30

Scientific title

The effect of rational – emotional behavioral therapy on spousal intimacy and marital satisfaction of female nurses who work in educational Hospitals

Public title

Impact of rational – emotional behavioral therapy on spousal intimacy and marital satisfaction

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having college education in nursing Living in a house with his wife at the beginning of the research The score of 60 or lower on the Walker and Thompson scale of spousal intimacy The score of 35 or higher on the Hudson Index of Marital Satisfaction Written consent for participation in the research

Exclusion criteria:

Treated with psychiatric drugs, psychotherapy or couple therapy Being on the verge of divorce at the beginning of the study History of participating in a similar study

Age

No age limit

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **86**

Actual sample size reached: **76**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be assigned into one of two groups through block randomization method using blocks of size 4.

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 Yasuj University of Medical Sciences

Street address

Deputy of research and technology, Yasuj University

of Medical Science, Shahid Motahari boulevard

City

Yasuj

Province

Kohgilouyeh-va-Boyerahmad

Postal code

75917-41417

Approval date

2018-06-09, 1397/03/19

Ethics committee reference number

IR.YUMS.REC.1397.021

Health conditions studied**1****Description of health condition studied**

Spousal intimacy

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Marital satisfaction

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Spousal intimacy

Timepoint

At the beginning of the study, Immediately after completion of research intervention

Method of measurement

Walker and Thompson spousal intimacy scale

2**Description**

Marital satisfaction

Timepoint

At the beginning of the study, Immediately after completion of research intervention

Method of measurement

Hudson index of marital satisfaction

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Rational emotive behavioral therapy during a 90-minute weekly session for eight weeks. This intervention, based on Albert Ellis's theory, is a

comprehensive psychotherapy approach that addresses clients' issues from three cognitive, behavioral, and emotional perspectives. The first step in this treatment is to empower clients to identify activating events, relevant irrational beliefs, emotional consequences or reactions of the people, and the link between them. Once clients have succeeded in determining the link between cognition, affect and behavior, irrational personal judgments are challenged by focusing on irrational beliefs and examining opposing evidence. Then, by emphasizing the use of logical words and their role in generating good emotions, they will be taught and trained in the method of arguing for the correction of irrational beliefs, rotational debates, positive mental imagery, appropriate communication, skills of assertiveness and negative emotions management. The end result of the above-mentioned interventions is to change irrational beliefs to realism, creating desirable cognition and positive rational effects on individuals' affective and behavioral domains.

Category

Behavior

2

Description

Control group: No intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Sajad Hospital

Full name of responsible person

Dr. Farzad Vafaie

Street address

Imam Sajad Hospital, Shahid Dr.Jalil street

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2

Recruitment center

Name of recruitment center

Shhid Beheshti Hospital

Full name of responsible person

Dr. Zaker Saiedi

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3

Recruitment center

Name of recruitment center

Shahid Rajaie Hospital

Full name of responsible person

Dr. Iraj Fathi

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Shahid Rajaie Hospital, Imam Hossein square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yasouj University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Mahvash Mohammadi

Position

Ms student of psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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PhD of psychiatric nursing ; Associate Professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

All data can be shared with consideration to confidentiality aspects.

When the data will become available and for how long

6 month after publication of manuscript

To whom data/document is available

The researchers of Medical Sciences

Under which criteria data/document could be used

There is not any special bet

From where data/document is obtainable

Call to Dr. Mohammad Zoladl via phone number: 0098 9177057209 or send a request to email: zoladl.mohammad@yums.ac.ir

What processes are involved for a request to access data/document

After receiving a request, the requested data and document will send to applicant person

Comments