# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 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)

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**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-Boyrahmad
**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

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Dr. Iraj Fathi

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Shahid Rajaie Hospital, Imam Hossein square

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## Sponsors / Funding sources

**1**

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**Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

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**Web page address**

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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

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**Full name of responsible person**

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**Position**

PhD of psychiatric nursing ; Associate Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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## Person responsible for updating data

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**Position**

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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**