

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparing the effectiveness of life skills advice in relation Marrying couples

Protocol summary

Study aim

The effect of life skills counseling, on the ability to solve life problems and improve couples' relationships.

Design

Clinical trials with intervention and control groups, community-based and Pragmatic, parallel, Not blinded , Not randomized

Settings and conduct

116 couples who are referred to the pre-marriage counseling center will be selected. 58 couples in the test group, life skills counseling will be conducted in 7 sessions of 45 minutes, and 8 weeks later the questionnaire will be completed again. And 58 couples in the control group will not intervene. The questionnaire will be completed twice, for the first time and again 8 weeks later.

Participants/Inclusion and exclusion criteria

Entry: Having physical and mental health with health records - Reading and writing skills for couples - Earning score less than 50 in Saatchi Life Skills Questionnaire
Exit: Illiteracy Couples - Couples' Physical and Psychological Problems

Intervention groups

Intervention group: , 7sessions life skills counseling are held and 8 weeks later, they are completed again after the test. Control group: No intervention is required. Saatchi questionnaire is completed for the first time and again 8 weeks later.

Main outcome variables

Consciousness couples, Interpersonal relationships couples. Critical thinking of couples, Spousal problem solving skills, Creative Thinking couples, couples' decision-making skills

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170717035133N2**

Registration date: **2018-07-27, 1397/05/05**

Registration timing: **retrospective**

Last update: **2018-07-27, 1397/05/05**

Update count: **0**

Registration date

2018-07-27, 1397/05/05

Registrant information

Name

Fariba Barzegar

Name of organization / entity

Hamadan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 914 157 6895

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-08-22, 1396/05/31

Expected recruitment end date

2018-04-18, 1397/01/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of life skills advice in relation Marrying couples

Public title

The effect on life skills counseling couples

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

1. Having physical and mental health with the approval of the health record 2. Ability to read and write Life Skills test score of less than 50 for both wife and husband

Exclusion criteria:

Illiteracy married couple Not having mental health

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 116

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 Hamedan University of Medical Sciences

Street address

Hamedan- Shahid Fahmidah Avenue- Facade of Fahmida Park - Hamadan University of Medical Sciences - Faculty of Nursing and Midwifery

City

Hamedan

Province

Hamadan

Postal code

6517838678

Approval date

2017-09-20, 1396/06/29

Ethics committee reference number

IR.UMSHA.REC.1396.343

Health conditions studied

1

Description of health condition studied

Consanguinity counseling

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Consciousness couples

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

2

Description

Critical thinking of couples

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

3

Description

Interpersonal relationships couples

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

4

Description

Spousal problem solving skills

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

5

Description

Creative Thinking couples

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

6

Description

couples' decision-making skills

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills Scale Saatchi

Secondary outcomes

1

Description

Score of couples' communication skills

Timepoint

Before intervention - 8 weeks after intervention

Method of measurement

Life Skills scale consisted of 40 items Saatchi

Intervention groups

1

Description

Intervention group: 58 married couples referring to counseling centers that have earned a score of less than 50 in a life skills test. 7 sessions, 45 minutes of life skills counseling will be conducted. The intervals of each session are one week. After 8 weeks, the post-test questionnaire was completed again from the intervention group

Category

Behavior

2

Description

Control group: 58 married couples attending counseling centers will not receive any voice intervention, but will attend only routine counseling sessions before marriage. Before completing the classes, the Saatchi Life Skills Questionnaire will be completed. Then, after 8 weeks, the post-test is completed again.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Premarital Counseling Center

Full name of responsible person

Farzaneh Soltani

Street address

Hamadan-Pre-marriage counseling center - Mahdieh Street

City

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6517838678

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Email

Barzegarfariba121@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Farzaneh Soltani

Street 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

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Farzaneh Soltani

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Nursing and Midwifery Faculty, Hamadan University of Medical Sciences

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Person responsible for scientific inquiries

Contact

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Hamedan University of Medical Sciences
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information.

Study Protocol

Undecided - It is not yet known if there will be 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

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

Analytic Code

Not applicable

Data Dictionary

Not applicable