

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the Effectiveness of Self regulation couple therapy (SRCT) and Imago relationship therapy(IRT) with Acceptance and Commitment Therapy (ACT) on mental health of couples

Protocol summary

Study aim

The main purpose of this study was to compare the effectiveness of SRCT and Imago relationship therapy(IRT) and Acceptance and Commitment (ACT) therapy on the mental health of couples referring to counseling centers. Objective purpose : 1- Determine the effectiveness of each of the Self regulation (SRCT), Imago relationship therapy(IRT) , Acceptance and Commitment (ACT) on mental health of couples referring to counseling centers. 2- Comparison of the effectiveness of each of the Self regulation (SRCT), Imago relationship therapy(IRT) , Acceptance and Commitment (ACT) on the mental health of couples referring to counseling centers.

Design

Clinical trials include a control group, community-based with parallel group , non-blind and non-randomized

Settings and conduct

The statistical population of the study consisted of all marital couples who have contagious and involuntary problems referring to counseling centers in Tehran in the summer of 2017.The place is Gange daron Counseling Center in Tehran.The educational content for couple therapy Self regulation (SRCT) (Holford, Tabrizi) and Imago relationship (IRT) (Hendrix, Hosseini), and Acceptance and Commitment (ACT) (Hayes, Honarparvaran) as a group therapy Has been.

Participants/Inclusion and exclusion criteria

In order to select the research samples, the first call to inform couples with communicative problems was given to the counseling centers of Tehran about the project free of charge in the summer of 2017. Conditions for studying dependence on drugs (with the exception of cigarettes) and having an IQ below 85.

Intervention groups

Couples of treatment groups (SRCT) and Imago relationship (IRT) with (ACT) were placed in 8 sessions for 90 minutes and the control group did not receive any

training.

Main outcome variables

mental health.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180529039906N2**

Registration date: **2018-06-20, 1397/03/30**

Registration timing: **retrospective**

Last update: **2018-06-20, 1397/03/30**

Update count: **0**

Registration date

2018-06-20, 1397/03/30

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-06-21, 1396/03/31

Expected recruitment end date

2017-08-22, 1396/05/31

Actual recruitment start date

2017-06-21, 1396/03/31

Actual recruitment end date

2017-08-22, 1396/05/31

Trial completion date

empty

Scientific title

Comparison of the Effectiveness of Self regulation couple therapy (SRCT) and Imago relationship therapy (IRT) with Acceptance and Commitment Therapy (ACT) on mental health of couples

Public title

Comparison of the Effectiveness of Self regulation couple therapy (SRCT) and Imago relationship therapy (IRT) with Acceptance and Commitment Therapy (ACT) on mental health of couples

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Couples have incompatibility and communication problems
Couples aged over 25years old

Exclusion criteria:

addictive to narcotics and psychotropic drugs history of neurological, psychological and hospitalization history

AgeFrom **25 years** old to **45 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **120**Actual sample size reached: **120****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**

College of Medicine Biomedical Ethics and Research
Committee science and research unite

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Approval date

2017-12-09, 1396/09/18

Ethics committee reference number

1396.58IR.IAU.SRB.REC.

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

Lack of communication skills and marital incompatibility

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

Mental health score of couples based on Mental Health
Questionnaire (GHQ)

Timepoint

Prior to and after presenting an independent variable

Method of measurement

Mental Health Questionnaire (GHQ)

Secondary outcomes

empty

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

Intervention group: self regulation couple therapy (SRCT)
A part of the behavioral, cognitive, emotional, and visual
systems can help couples to make the desired change in
the relationship. If they are able to make a positive
difference, the treatment of the couple will be successful,
and if they do not achieve this, longer treatment is
needed, and this long treatment may include
communication training. Changing beliefs and concepts
(order in thought, feeling and behavior) causes a sincere
relationship among couples. Prefers self-regulation
couple therapy (SRCT) to work on the relationship
between couples. The training of self regulation couple
therapy (SRCT) involves the implementation of a 8-
session program for 90 minutes a week based on the
book of self regulation couple therapy for couples
(Hallford, Tabriz's translation, 1395) and the experiences
of the researcher at the workshop.

Category

Behavior

2

Description

Intervention group: Imago relationship couple therapy (IRT) A kind of analytical treatment that Hendrix (1996) has established with the help of multiple approaches. The most important concepts addressed in this theory are mental imagery and communication. With thought-provoking imagery, this theory brings couples back to their childhood memories, and makes light on insights into the first memories and the burden of wounds that surrender. The concepts of conflict between power and violence and the methods of controlling anger, sexual relations, forgiveness, and re-image of a spouse after understanding and keeping pace with childhood injuries are fundamental. The training of therapeutic couple therapy includes 8 sessions of the program for 90 minutes per week based on the Analytical Couple Therapy (Hosseini, 1394) and the experiences of the researcher in the workshops. Couple therapy based on the topic of communication in the field of conversational techniques (Brain and Cognitive Conversation, Growth and Childhood Experiences, and the Choice of Wife, Spreading Empathy and Re-Imaging of the Spouse, Relaxing Relaxation Relationships, Rebuilding Failures, Creating a Safe Environment And romance and friendship improvement, rage).

Category

Behavior

3

Description

Intervention group: Acceptance and Commitment therapy (ACT) A context-based intervention is based on a relationship-theory framework that associates human suffering with psychological inflexibility, which is reinforced by cognitive merging and experiential avoidance. Psychological flexibility Treatment of admission and commitment There are six major processes that lead to mental flexibility. The goal is to create psychological flexibility through admission processes, faults, self as a background, connection with the present, values, and the creation of a broad pattern of committed action relating to these values. Acceptance and commitment therapy (ACT) training includes the implementation of a 8-session program for 90 minutes per week based on the Practical Guidebook of Therapists on Acceptance and Commitment-Based Treatment (ACT) (2000), and experiences from attendance The researcher is in the workshops.

Category

Behavior

4

Description

Control group: Comparison group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ganj daroun Counseling Center

Full name of responsible person

Jamila Ahmadpour

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Sponsors / Funding sources

1

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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

Islamic Azad University

Proportion provided by this source

1

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

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Assistant Professor, Department of Counseling,
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Latest degree

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Part of the original outcome information

When the data will become available and for how long

Get started 6 months after printing results

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

In order to cite

From where data/document is obtainable

fatemeh farahani, 00989122802466

What processes are involved for a request to access

data/document

All necessary tips are made during the telephone call

Comments