Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

Farideh Dokaneifard

Name of organization / entity

Country

Iran (Islamic Republic of)

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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 narcotices and psychotropic drugs history of neurological, psychological and hospitalization history
Age
From **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
Street address
College of Medicine Biomedical Ethics and Research Committee science and research unite,Islamic Azad University, Science and Research Branch
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Province
Tehran
Postal code
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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.he 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 andCommitment 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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Name of organization / entity
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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

Person responsible for general inquiries

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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