

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Effective communication skills impact on the underlying couple bournout among married women in Gonabad

Protocol summary

Study aim

Determining the effective communication skills impact on the underlying couple burnout among married women in Gonabad

Design

This study is done on 130 married women in two groups of control (65 people) and intervention (65 people) without randomization and blindness. Data collection was done by using the Questionnaires of couple burnout and Effective communication with validated and validated data. Data were analyzed by SPSS software version 20 using descriptive and inferential methods. The significance level will be set at 0.05 for all tests. The study population who have Inclusion criteria will be selected by the census.

Settings and conduct

This study was conducted on married women in Gonabad city (a city in the southeastern province of Khorasan Razavi, Iran).

Participants/Inclusion and exclusion criteria

The inclusion criteria: Gonabad residence, Age is between 20 and 60 years old, Live with your spouse, have literacy to read and write, willingness to participate in the study and have no mental illness. The exclusion criteria: Having one or more session absentee at training session, Women who participated in the pre-test but were not present in the post-test and women who divorced during educational interventions.

Intervention groups

In this interventional study, the training sessions for marriage will be conducted for 6 sessions of 100 minutes for married women in the intervention group for a maximum of 2 months.

Main outcome variables

The scales of couple burnout and effective communication after an intervention will be measured.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180722040559N2**

Registration date: **2018-10-25, 1397/08/03**

Registration timing: **retrospective**

Last update: **2018-10-25, 1397/08/03**

Update count: **0**

Registration date

2018-10-25, 1397/08/03

Registrant information

Name

Alireza Jafari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3851 4548

Email address

jafaria962@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-05, 1396/10/15

Expected recruitment end date

2018-07-21, 1397/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effective communication skills impact on the underlying couple bournout among married women in Gonabad		2015-07-04, 1394/04/13
Public title		Ethics committee reference number
Effective communication skills impact on the underlying couple bournout among married women		IR.GMU.REC.1394.38
Purpose		Health conditions studied
Prevention		1
Inclusion/Exclusion criteria		Description of health condition studied
Inclusion criteria:		Couple bournout
Gonabad residence Age is between 20 and 60 years old		ICD-10 code
Live with your spouse Have literacy to read and write		ICD-10 code description
Willingness to participate in the study Have no mental illness		Primary outcomes
Exclusion criteria:		1
Having one or more session absentee at training sessions Women who participated in the pre-test but were not present in the post-test Women who divorced during educational interventions		Description
Age		Effective communication skills
From 20 years old to 60 years old		Timepoint
Gender		One month after the intervention, the results will be measured by the questionnaire in two groups
Female		Method of measurement
Phase		Questionnaire
N/A		2
Groups that have been masked		Description
No information		Couple burnout
Sample size		Timepoint
Target sample size: 130		One month after the intervention, the results will be measured by the questionnaire in two groups
Randomization (investigator's opinion)		Method of measurement
Not randomized		Questionnaire
Randomization description		Secondary outcomes
Blinding (investigator's opinion)		empty
Not blinded		Intervention groups
Blinding description		1
Placebo		Description
Not used		Intervention group: In the intervention group, education will be conducted in 6 sessions of 100 minutes
Assignment		Category
Parallel		Prevention
Other design features		2
Secondary Ids		Description
empty		Control group: No intervention
Ethics committees		Category
1		N/A
Ethics committee		Recruitment centers
Name of ethics committee		1
Gonabad University of Medical Sciences		Recruitment center
Street address		Name of recruitment center
Gonabad University of Medical Sciences, Imam Khomeini street		
City		
Gonabad		
Province		
Razavi Khorasan		
Postal code		
96917-93718		
Approval date		

Married women in Gonabad city
Full name of responsible person
Alireza Jafari
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences
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Grant name

Grant code / Reference number

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

No

Title of funding source

Gonabad 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

Gonabad University of Medical Sciences
Full name of responsible person
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Position
91778-99191
Latest degree
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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not 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

Not applicable

Title and more details about the data/document

Potential data is shareable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Alireza Jafari: jafaria962@mums.ac.ir

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

Data is sent through an official request and by email

Comments