

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	Ethics committee reference number IR.GMU.REC.1394.38
Public title	Effective communication skills impact on the underlying couple bournout among married women	Health conditions studied	
Purpose	Prevention	1	
Inclusion/Exclusion criteria	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 Have no mental illness Exclusion criteria: 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 of health condition studied Couple bournout	
Age	From 20 years old to 60 years old	ICD-10 code	
Gender	Female	ICD-10 code description	
Phase	N/A	Primary outcomes	
Groups that have been masked	No information	1	
Sample size	Target sample size: 130	Description Effective communication skills	
Randomization (investigator's opinion)	Not randomized	Timepoint One month after the intervention, the results will be measured by the questionnaire in two groups	
Randomization description		Method of measurement Questionnaire	
Blinding (investigator's opinion)	Not blinded	2	
Blinding description		Description Couple burnout	
Placebo	Not used	Timepoint One month after the intervention, the results will be measured by the questionnaire in two groups	
Assignment	Parallel	Method of measurement Questionnaire	
Other design features		Secondary outcomes empty	
Secondary Ids	empty	Intervention groups	
Ethics committees		1	
1	Ethics committee Name of ethics committee Gonabad University of Medical Sciences Street address Gonabad University of Medical Sciences, Imam Khomeini street City Gonabad Province Razavi Khorasan Postal code 96917-93718	Description Intervention group: In the intervention group, education will be conducted in 6 sessions of 100 minutes Category Prevention	
Approval date		2	
		Description Control group: No intervention Category N/A	
		Recruitment centers	
		1	
		Recruitment center Name of recruitment center	

Married women in Gonabad city
Full name of responsible person
Alireza Jafari
Street address
Gonabad University of Medical Sciences, Imam
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96917-93718
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Email
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences
Full name of responsible person
Alireza Jafari
Street address
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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
Gonabad University of Medical Sciences
Position
91778-99191
Latest degree
Master
Other areas of specialty/work
Health Promotion
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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