

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the Effectiveness of Integrative Approaches, Emotionally Focused Couple Therapy(EFCT) with Integrative Behavioral Couple Therapy(IBCT) in Improving Symptoms Emotional Regulation in Couples with Marital Conflict

Protocol summary

Study aim

The Purpose of Current Research was to Comparison of the Effectiveness of Integrative Approaches, Emotionally Focused Couple Therapy with Integrative Behavioral Couple Therapy in Improving Symptoms Emotional Regulation in Couples with Marital Conflict.

Design

The Statistical Population of the Present Study was Comprised of Conflicting Couples who Referred to Mehrvaran Consulting Center of Ahwaz from July 5 to August 15, 2018: A clinical Trial with two Intervention Groups, Each Group has Three Couple, Community Based and Pragmatic, with Parallel Groups and Non-random(Purposeful Sampling)

Settings and conduct

Six Couples With Marital Conflict and their Couples were Selected using Purposeful Sampling. Non-congruent Multiple Baseline Experimental Single Case Study was used as the Method of the Present Study.

Participants/Inclusion and exclusion criteria

Admission Criteria The Presence of Marital Disturbance Based on Interviews and the Score of Between 101-75 from Dyadic Adjustment Scale(DAS) Having a Minimum age of 25 and a Maximum of 40 Years Pass a Minimum of 3 Years and a Maximum of 15 Years of Common life: Exclusion Criteria Psychotic Disorder Use of Prescription Drug, Psychiatrist Applicants for Divorce are not legally Married

Intervention groups

Intervention group 1: Emotionally Focused Couple Therapy Johnson Classifies the Process of Shifting the Emotional-Focused Couple Therapy Approach into Three Stages which Totally Includes 9 Steps; Intervention group 2: Integrative Behavioral Couple Therapy Integrative Behavioral Couple Therapy Include 16 Weekly Fifty Minute Sessions, Three Sessions for Initial Evaluation and

more for Remaining Sessions for Health Interventions

Main outcome variables

Theoretical Explanation of Findings for Effectiveness of Therapy, Suggest that Emotion Focused Couple Therapy was Efficient in Magnitude, Universally and Stability of Changes.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181114041662N1**

Registration date: **2018-12-13, 1397/09/22**

Registration timing: **retrospective**

Last update: **2018-12-13, 1397/09/22**

Update count: **0**

Registration date

2018-12-13, 1397/09/22

Registrant information

Name

Fezallah Poursardar

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-26, 1397/04/05
Expected recruitment end date
 2018-08-06, 1397/05/15
Actual recruitment start date
 2018-06-26, 1397/04/05
Actual recruitment end date
 2018-08-06, 1397/05/15
Trial completion date
 2018-10-27, 1397/08/05

Scientific title
 Comparison of the Effectiveness of Integrative Approaches, Emotionally Focused Couple Therapy(EFCT) with Integrative Behavioral Couple Therapy(IBCT) in Improving Symptoms Emotional Regulation in Couples with Marital Conflict

Public title
 Comparison of the Effectiveness of Integrative Approaches, Emotionally Focused Couple Therapy(EFCT) with Integrative Behavioral Couple Therapy(IBCT) in Improving Symptoms Emotional Regulation in Couples with Marital Conflict

Purpose
 Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 Marital Disturbance Based on Interviews and Score Between 101-75 from Dyadic Adjustment Scale(DAS) Having at least a Diploma, having a Minimum age of 25 Years and a Maximum of 40 Years Pass a Minimum of 3 Years and a Maximum of 15 Years of Common life This Marriage is their First Marriage and they live together in a Home while they are doing Research
Exclusion criteria:
 Personality Disorder, other Clinical Disorders Psychotic Disorder A History of Drug abuse or Drug Dependence at Present Use of Prescription Drug, Psychiatrist Applicants for Divorce are not legally Married

Age
 From **25 years** old to **40 years** old

Gender
 Both

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **12**
 Actual sample size reached: **12**

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 Boroujerd Islamic Azad University of Medical Sciences

Street address

Navab Square., Yadgar Imam Ave., Imam Khomeini University Complex., Boroujerd Town

City

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Postal code

6919968971

Approval date

2018-11-16, 1397/08/25

Ethics committee reference number

IR.IAU.B.REC.1397.055

Health conditions studied

1

Description of health condition studied

Couple Therapy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Emotional Regulation Score in the Emotional Regulation Dysregulation Questionnaire Gratz&Roemer

Timepoint

Three Stages of the Baseline, 16 Session weekly Intervention(Sessions 1, 4, 8, 12, 16) and Three Month Follow-up.

Method of measurement

Emotional Regulation dysregulation Questionnaire (DERS)

Secondary outcomes

1

Description

Marital Adjustment Score in Esperial Dyadic Adjustment Scale(DAS)

Timepoint

In the Three Stages of the Baseline, Intervention was 16 Weekly Sessions (Sessions 1, 4, 8, 12, 16) and Three Months Follow up.

Method of measurement

Intervention groups

1

Description

Intervention Group 1: Emotional Focused Couple Therapy: The Emotional Focused Couple Therapy in 9 Stages. The first Four Phases Include the Detection and de-Stressing of the Couples' Circles and Communication Interactions; The Three Intermediate Stages Focused on Creating Specific Behavioral Changes in areas where Interactive Situations and Conditions have Changed and New links are Created, and two the Final Stage of treatment is to Stabilize the Changes and Integrate these Changes into the everyday lives of Couples; Intervention Group 2: Integrative Behavioral Couple Therapy: For a Integrative Behavioral Couple Therapy, the treatment Package Provided by Jacobson & Christensen was used. in Clinical Trials, the Concept of Behavioral Ttherapy Couple Therapy has been used, Consisting of 16 Weekly Fifty-Minute Sessions, which Consist of three Sessions of initial Evaluation and most of the remaining Sessions are for Therapeutic Interventions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mehranaran Psychological Counseling and Services Center Ahvaz City

Full name of responsible person

Mohammad Kaveyat

Street address

Naderi Ave., kafi Ave., Mehregan Medical Complex, Third Floor, Mehravaran Consulting Center, Ahvaz Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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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

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

Islamic Azad University

Full name of responsible person

Faizollah Poursardar

Position

PhD Student Counseling

Latest degree

Master

Other areas of specialty/work

Psychology

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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

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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

The total potential data can be shared after
unidentifiable people

When the data will become available and for how long

Start the access period 9 months after printing the
results

To whom data/document is available

Your data will only be available to researchers working in
academic and academic institutions

Under which criteria data/document could be used

Those who are allowed to submit an application for
unidentified individual data or other documentation will
be researchers in the field of psychology

From where data/document is obtainable

Ahvaz Mehranaran Consulting and Psychological
CenterPostcode 6195653388Call number
06132221313Responsible Responsible: Mohammad
Kaveyat

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

9 months after the publication of the research

Comments