

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Impact of emotional intelligence skills training on marital adjustment among students

Protocol summary

Study aim

Evaluating students' emotional intelligence Teaching emotional intelligence skills Impact of emotional intelligence skills training on marital adjustment

Design

Selection of 15 married couples from university students studying in different fields. Students were taught emotional intelligence during a semester. This training included theoretical and practical foundations (emotional intelligence skills). This training did not include the control group.

Settings and conduct

The conduct of emotional intelligence workshops, after student selection, was conducted during a semester. Mazandaran University was the venue for the implementation of this training course and its impact assessment.

Participants/Inclusion and exclusion criteria

Emotional intelligence can be increased. Emotional intelligence skills can affect people's behavior. Also, these skills can also affect marriage compatibility. To test this hypothesis, it was necessary to conduct emotional intelligence skills training on the experimental group. And the control group was deprived of this training. The implementation of emotional intelligence testing and marriage compatibility before and after the training can show the difference in the effect of this training

Intervention groups

Married students

Main outcome variables

Increased marriage compatibility

General information

Reason for update

Acronym

EQ

IRCT registration information

IRCT registration number: **IRCT20181225042126N1**

Registration date: **2019-01-25, 1397/11/05**

Registration timing: **retrospective**

Last update: **2019-01-25, 1397/11/05**

Update count: **0**

Registration date

2019-01-25, 1397/11/05

Registrant information

Name

Nader Jafari Balalami

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2009-11-06, 1388/08/15

Expected recruitment end date

2010-02-04, 1388/11/15

Actual recruitment start date

2009-11-06, 1388/08/15

Actual recruitment end date

2010-02-04, 1388/11/15

Trial completion date

2010-02-09, 1388/11/20

Scientific title

Impact of emotional intelligence skills training on marital adjustment among students

Public title

Impact of emotional intelligence skills training on marital

adjustment among students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Married student

Exclusion criteria:

Single

Age

From **22 years** old to **27 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Our statistical population consisted of 109 couples, 30 couples were selected through a random table. 1. First, we chose one of the random table columns through the lottery. That number is 2. 2 puts out a 10 th Tomtomans banknote and based on the number on the right, the number was 4. 3 In column 2 of the random table, we arrived at the first number on the right of that column, number 4. We considered the 3 digits to the right of it, which was below 109. 4 After that, we found 30 samples whose numbers were less than 109. And we entered an intervention in this study.

Blinding (investigator's opinion)

Single blinded

Blinding description

The control group has not been trained

Placebo

Not used

Assignment

Parallel

Other design features

The main question of the research was that training emotional intelligence skills could affect the level of marriage compatibility? Emotional intelligence has 15 sub scales. All of the test groups were trained in these skills. Each of the sub scales was taught in one session. First, each skill was explained by the teacher, and all participants attended each session. The control group was deprived of this training. Before the training, both groups (test and control) were tested for marriage intelligence and compatibility. At the end of the course, all the participants received two test groups. Then the differences in the test were evaluated. The interval between the two tests was 4 months after the training.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mazandaran University

Street address

Pasdaran St., Central Organization

City

Babolsar

Province

Mazandaran

Postal code

13534- 47416

Approval date

2019-01-08, 1397/10/18

Ethics committee reference number

IR.UMZ.REC.1397.033

Health conditions studied

1

Description of health condition studied

هوش هیجانی و سازگاری ازدواج

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Emotional Intelligence & marital adjustment

Timepoint

120 Days

Method of measurement

Questionnaire compatibility marriage Harmohan sing - emotional intelligence Bar-on

Secondary outcomes

1

Description

marital adjustment

Timepoint

120 Days

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: Different students who received educational programs related to skills of emotional intelligence .Emotional intelligence has 15 sub scales. Emotional intelligence skills affect many human

functions. Including problem-solving skills, impulse control, interpersonal relationships, Happiness , Independence & ... The control group has been deprived of this training. The purpose of this intervention is to assess the effect of these skills on marital adjustment.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mazandaran University

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person

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Grant name

personal expenses

Grant code / Reference number

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

Yes

Title of funding source

Mazandaran University

Proportion provided by this source

100

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

Other

2

Sponsor

Name of organization / entity

The author's personal cost

Full name of responsible person

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Grant name

No fees have been received

Grant code / Reference number

بودجه ای دریافت نشده

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

Yes

Title of funding source

The author's personal cost

Proportion provided by this source

100

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

Mazandaran University

Full name of responsible person

Nader Jafari Balalami

Position

teacher

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The author and the relevant organization (University of Mazandaran), due to the lack of permission from the personal information of the subjects, are not currently willing to provide it.

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

No - There is not a plan to make this available