

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jun 2026

### Investigation of the effect of spiritual health promotion skills education enhanced by cognitive-behavioral techniques on women's extramarital relationships

#### Protocol summary

##### Study aim

detect the effect of spiritual health promotion skills enhanced with cognitive-behavioral techniques on extramarital relationships in women

##### Design

This study is a semi-experimental study. The sampling method is available in this study. Persons referring to the three Shiraz women's health centers who are willing to participate in the research and have criteria for entrance are selected. Samples were randomly divided into two groups of control and investigation by picking up cards number 1 (investigation group) and number 2 (control group).

##### Settings and conduct

The implementation area will be the consultation room of each center. Training to enhance spiritual health skills reinforced with cognitive-behavioral techniques are presented in 6 two-hours sessions once a week. blindness will not take place. Data collection is done immediately after the completion and one month after. The intervention is done by questionnaire form.

##### Participants/Inclusion and exclusion criteria

inclusion criteria :trend to participate in research -  
Absence of any psychosis in person- non-addiction- age limitation : 18-65 years- Muslim Exclusion criteria:  
Absence more than two sessions- Divorce

##### Intervention groups

The intervention group includes 17 married women who have entrance criteria, who are training in the of spiritual health promotion skills enhance by cognitive-behavioral techniques grouped for 6 sessions of 2 hours once a week. The control group consists of 17 married women who do not have any intervention criteria and only routine care is provided by the counseling center.

##### Main outcome variables

Tend to extramarital relations-Spirituality

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20170611034452N8**

Registration date: **2019-09-05, 1398/06/14**

Registration timing: **retrospective**

Last update: **2019-09-05, 1398/06/14**

Update count: **0**

##### Registration date

2019-09-05, 1398/06/14

##### Registrant information

##### Name

Atefeh Ahmadi

##### Name of organization / entity

Kerman University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3132 5205

##### Email address

a.ahmadi@kmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-03-14, 1397/12/23

##### Expected recruitment end date

2019-06-13, 1398/03/23

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Investigation of the effect of spiritual health promotion skills education enhanced by cognitive-behavioral techniques on women's extramarital relationships

### Public title

The effect of spiritual health enhanced by cognitive-behavioral techniques on extramarital relationships

### Purpose

Education/Guidance

### Inclusion/Exclusion criteria

#### Inclusion criteria:

enthusiasm to participate in research  
Absence of psychosis  
No addiction  
Age limitation: 18-65 years  
Muslim  
Married  
Elementary Education or higher  
Satisfaction for Participating in the research due to the group counseling  
no experience of previous participation in the class, workshop, counseling and training related to the topic

#### Exclusion criteria:

Absence more than two sessions  
Divorce

### Age

From **65 years** old to **18 years** old

### Gender

Female

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **36**

More than 1 sample in each individual

Number of samples in each individual: **36**

The total number of samples are 36

### Randomization (investigator's opinion)

Randomized

### Randomization description

The sampling method is available in this study. Persons who are going to the three Shiraz women's health centers and willing to participate in the research and have the necessary criteria for entrance, are selected. Samples were randomly chosen and divided into two groups of control and investigation by picking up cards number 1 (investigation group) and number 2 (control group).

### 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 Kerman University of Medical Sciences and Health Services

##### Street address

Kerman - first of Haft Bagh Alavi - Pardis of Kerman University of Medical Sciences

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Approval date

2019-03-12, 1397/12/21

##### Ethics committee reference number

IR.KMU.REC.1397.510

## Health conditions studied

### 1

#### Description of health condition studied

Extramarital relationships: infidelity, physical or emotional relation with opposite sex except husband .

#### ICD-10 code

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#### ICD-10 code description

کدی یافت نشد...

## Primary outcomes

### 1

#### Description

Tend to extramarital relations

#### Timepoint

Before intervention and after the sessions are completed and one month after the intervention

#### Method of measurement

The Infidelity Scale questionnaire form

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: The intervention is used to train the spiritual health skills enhanced by cognitive-behavioral techniques in women going to women's health centers in 6 two-hour session once a week.

#### Category

Lifestyle

**2**

**Description**

Control group: There is no intervention for the control group and only routine care centers are done.

**Category**

Lifestyle

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Center for Behavioral Disease Counseling Center

**Full name of responsible person**

Dr. Hassan Jolai

**Street address**

Khatun Square, Basij Cellar Boulevard, Lavan Avenue,  
Center for Behavioral Disease Counseling Center,  
Second Floor, AIDS Research Center

**City**

SHiraz

**Province**

Fars

**Postal code**

7165944753

**Phone**

+98 71 3738 6272

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sharc.sums@yahoo.com

**Web page address**

[http://sharc.sums.ac.ir/fa/contact\\_us/contact-us.html](http://sharc.sums.ac.ir/fa/contact_us/contact-us.html)

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Kerman University of Medical Sciences

**Full name of responsible person**

Atefeh Ahmadi

**Street address**

Kerman-first element of the Haft Bagh Allavi-Pardis of  
Kerman University of Medical Sciences

**City**

Kerman

**Province**

Kerman

**Postal code**

7616913555

**Phone**

+98 34 3132 5700

**Email**

kmsrc@googlegroups.com

**Grant name**

**Grant code / Reference number**

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

No

**Title of funding source**

Kerman 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**

Kerman University of Medical Sciences

**Full name of responsible person**

Atefeh Ahmadi

**Position**

proffessor asistant

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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**Email**

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**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Kerman University of Medical Sciences

**Full name of responsible person**

Atefeh Ahmadi

**Position**

Assistant professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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**Person responsible for updating data****Contact****Name of organization / entity**

Kerman University of Medical Sciences

**Full name of responsible person**

Atefeh Ahmadi

**Position**

Assistant professor

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**Email**

a.ahmadi@kmu.ac.ir

**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available

**Title and more details about the data/document**

Data on the main outcomes of the research after the completion of research work can be published.

**When the data will become available and for how long**

Starting access to the data above is immediately after publishing the results.

**To whom data/document is available**

Researchers in academia and scientific institute are able to access research data.

**Under which criteria data/document could be used**

in case of supplementary research, using data is permitted.

**From where data/document is obtainable**

The applicant can contact the researcher to receive information via email. atefeahmadi59@gmail.com  
yousefi.setareh@gmail.com

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

After submitting a written request from the applicant, the data will be provided to him/her as soon as possible.

**Comments**