

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

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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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Atefeh Ahmadi

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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

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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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Atefeh Ahmadi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

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Other areas of specialty/work

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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