

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 2026

### Survey about the Effectiveness of Emotional Intelligence Training on Marital Satisfaction, Sexual Quality of Life & Psychological Well-being of Women

#### Protocol summary

##### Study aim

Evaluation the effectiveness of emotional intelligence educating on marital satisfaction, sexual quality of life & psychological well-being of women

##### Design

A clinical trial will be conducted with a control group, randomized, and multi-stage cluster sampling

##### Settings and conduct

The place of intervention is Health Centers of Shahid Beheshti University of Medical sciences. Before the implementation of the educational intervention, the research tools will be provided to the samples for completion. Participants in the intervention group (35 people) will present in seven 10-15 people 90-minute sessions to train emotional intelligence skills. All participants will complete the tools immediately and one month after the intervention. Study not blinded.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Marriage and having a common life with their spouses; Age range of 18-49 years (fertility age); willingness to answer questionnaires; reading and writing skills in Persian language; and the ability to answer questions from questionnaires; nuclear family. Non-Inclusion criteria: single, divorce or widow; outside the age range of fertility (ages 18-49); unwillingness to answer questions; illiterate

##### Intervention groups

The intervention group: 35 women referring to Health Centers of Shahid Beheshti University of Medical sciences. In groups of 10 to 15 people, they will be presented with seven emotional intelligence skills in seven 90-minute sessions. Control group: 35 women referring to Health Centers of Shahid Beheshti University of Medical sciences who will receive no education.

##### Main outcome variables

Marital Satisfaction: Sexual Quality of life: Psychological Well-being

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190530043772N1**

Registration date: **2019-07-03, 1398/04/12**

Registration timing: **registered\_while\_recruiting**

Last update: **2019-07-03, 1398/04/12**

Update count: **0**

##### Registration date

2019-07-03, 1398/04/12

##### Registrant information

##### Name

Arezoo Sheikh Milani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4405 6959

##### Email address

arezoo.milany1995@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-06-21, 1398/03/31

##### Expected recruitment end date

2019-09-22, 1398/06/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Survey about the Effectiveness of Emotional Intelligence Training on Marital Satisfaction, Sexual Quality of Life & Psychological Well-being of Women

## Public title

The Effectiveness of Emotional Intelligence Training on Marital Satisfaction, Sexual Quality of Life & Well-being of Women

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Married and have a common life with their spouse Tend to respond to questionnaire questions Reading and writing skills in Farsi and the ability to answer questionnaire questions The type of sample family should be nuclear

### Exclusion criteria:

Single, divorced or widowed Do not tend to answer the questionnaire questions Do not have the ability to read and write in Persian Their family type is not nuclear

## Age

From **18 years** old to **49 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **70**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Randomization method: Simple randomization Random Unit: Multi-stage cluster How to construct a random sequence: First, all Health Centers of Shahid Beheshti University of Medical sciences will be classified in four clusters according to the geographical area and a cluster will be randomly selected. In this way, four health centers will be considered. Two centers will be randomly selected to select intervention group samples (45 people) and two centers to select control group samples (45 people). Inside the centers, according to the characteristics of the research units, the samples will be selected randomly

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Other

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Shahid Beheshti University of Medical Sciences

##### Street address

School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Niyayesh Complex, Niyayesh Cross-Section, ValiAsr St

##### City

Tehran

##### Province

Tehran

##### Postal code

1985717443

#### Approval date

2019-05-12, 1398/02/22

#### Ethics committee reference number

IR.SBMU.PHARMACY.REC.1398.063

## Health conditions studied

### 1

#### Description of health condition studied

Emotional Intelligence Training

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Marital Satisfaction

#### Timepoint

At the beginning of the study (before the intervention) and immediately and one month after the intervention

#### Method of measurement

Kansas Marital Satisfaction Scale

### 2

#### Description

Sexual Quality of Life

#### Timepoint

At the beginning of the study (before the intervention) and immediately and one month after the intervention

#### Method of measurement

The Sexual Quality of Life-Female (SQOL-F) Questionnaire-Iranian version

### 3

#### Description

Psychological Well-being

#### Timepoint

At the beginning of the study (before the intervention) and immediately and one month after the intervention

## Method of measurement

World Health Organization Five Well-being Index

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Participants in the intervention group (35 women) are referred to Health Centers of Shahid Beheshti University of Medical sciences. They will be present in 10-15 people in seven 90-minute sessions of emotional intelligence skills training.

#### Category

Behavior

### 2

#### Description

Control group: Participants of the control group (35 people) are women referring to Health Centers of Shahid Beheshti University of Medical sciences who would not receive any intervention.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Health Centers of Shahid Beheshti University of Medical sciences

##### Full name of responsible person

Arezoo Sheikh Milani

##### Street address

Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran

##### City

Tehran

##### Province

Tehran

##### Postal code

1985717443

##### Phone

+98 21 23871

##### Email

info@sbmu.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahid Beheshti University of Medical Sciences

##### Full name of responsible person

Dr Afshin Zarghi

## Street address

Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran

## City

Tehran

## Province

Tehran

## Postal code

1985717443

## Phone

+98 21 23871

## Email

info@sbmu.ac.ir

## Grant name

## Grant code / Reference number

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

Yes

## Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

#### Full name of responsible person

Arezoo Sheikh Milani

#### Position

Master Student of Public Health nursing

#### Latest degree

Bachelor

#### Other areas of specialty/work

Nursery

#### Street address

School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Niyayesh complex, Niyayesh Cross-Section, ValiAsr St

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#### Phone

+98 21 8865 5366

#### Fax

#### Email

arezoo.milany1995@sbmu.ac.ir

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Meimanat Hosseini

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Niyayesh Complex, Niyayesh Cross-Section, ValiAsr St

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

**Full name of responsible person**

Meimanat Hosseini

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Niyayesh Complex, Niyayesh Cross-Section, ValiAsr St

**City**

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**Postal code**

1985717443

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**Email**

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## Sharing plan

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

Undecided - It is not yet known if there will be 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