

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Effectiveness of reality therapy with choice theory approach on marital intimacy and sexual satisfaction of young married women

Protocol summary

Reality therapy on marital intimacy and sexual satisfaction of newly married women

Study aim

Determination of the effectiveness of choice theory on marital intimacy and sexual satisfaction of newly married women

Design

The present study is a randomized controlled clinical trial.

Settings and conduct

In order to carry out the present research, the researcher selected 5 out of 14 health centers of Ardabil City in a randomized way. After obtaining the necessary permissions and determining the target community and preparing the required research questionnaires and taking into account ethical considerations, these centers will be identified. Then, marital Intimacy Inventory and sexual satisfaction questionnaires will be provided to women who come to these centers, A total of 70 women who have scored lower grades (less than 67 for sexual satisfaction and less than 60 for marital intimacy) in these two questionnaires will be included. The subjects are randomly assigned to two groups of 35 individuals (intervention and control groups). After planning and familiarizing the intervention group with the present plan, the group's real-life therapy sessions will be conducted in 8 sessions. One week and, then, one month after the completion of the sessions, sexual satisfaction and marital intimacy questionnaires will be completed by the participants.

Participants/Inclusion and exclusion criteria

In Married women who have been living with their spouse in between 6 months to 5 years. Women aged between 18 to 35. Women who have no children. Women with scores below 17 in (sammit) questionnaire; women with scores below 50 in (jensi) questionnaire Women without any physical or psychological disorder Women who can write and read in Persian

Intervention groups

New married women

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190622043969N1**

Registration date: **2019-10-25, 1398/08/03**

Registration timing: **retrospective**

Last update: **2019-10-25, 1398/08/03**

Update count: **0**

Registration date

2019-10-25, 1398/08/03

Registrant information

Name

Afsoun Farhadi

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-01, 1398/04/10

Expected recruitment end date

2019-09-01, 1398/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of reality therapy with choice theory approach on marital intimacy and sexual satisfaction of young married women

Public title

Effectiveness of reality therapy on marital intimacy and sexual satisfaction of women

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Married women who have been living with their spouse in between 6 months to 5 years. Women aged between 18 to 35. Women who have no children. Women with scores below 17 in (sammit) questionnaire; women with scores below 50 in (jensi) questionnaire. Women without any physical or psychological disorder. Women who can write and read in Persian.

Exclusion criteria:

Women who are pregnant during the research. Absence more than twice. Women who have no desire to participate.

Age

From **18 years** old to **35 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

Once participants in research are determined, they are randomly assigned into intervention and control group using quartile blocks.

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**

Shahroud Medical science university

Street address

Hafta tir squar. Shahroud Medical science university

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5615786346

Approval date

2019-06-24, 1398/04/03

Ethics committee reference number

IR.SHMU.REC.1398.028

Health conditions studied**1****Description of health condition studied**

marital intimacy and sexual satisfaction of women

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Marital intimacy

Timepoint

pre-intervention, one week after intervention, one month after intervention

Method of measurement

Marital Intimacy Scale

2**Description**

Sexual Satisfaction

Timepoint

pre-intervention, one week after intervention, one month after intervention

Method of measurement

Sexual Satisfaction Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The training program for the intervention group will be presented in 8 sessions for 90 minutes. The intervention principle in the intervention group is on the basis of the effectiveness of the reality therapy with the theory of choice technique intervention. During the training sessions, combination methods such as face-to-face teaching, group discussion, and distribution of pamphlet are used. The training of newly married women will be done according to the protocol.

presented in a group of 35 participants. Another considerable issue in this area is training group members to discuss their needs. They are trained to cooperate with each other in a way which leads to both parties satisfaction. In order for couples to assess their own needs and that of their spouse, they are trained to be aware of the qualitative world of themselves and their spouse. Some of the questions used to explore the qualitative world of the person are: If you could choose a place to be there, where would you choose? What would you like to do if you secretly heard someone telling good thing about you, what would you like to hear from him? Evaluating the content of previous sessions and post-test performance. While reviewing the main points of the previous session and answering the questions and issues facing the members in the previous session, evaluating the members in terms of understanding concepts such as behavior selection, internal and external control, qualitative world, basic needs, behavior evaluation, seven behaviors and seven destructive behaviors are dealt with. Researchers believe that if couples do not meet and understand each other's needs and fail to find a positive solution to achieve these needs, this will lead to stress, frustration, anger and ultimately marital distress (Atari, Hosseinpour & Rahnavard, 2009). In other words, the existence of serious and pervasive problems of couples in maintaining and developing a close relationship and meeting each other's expectations and needs can lead to dissatisfaction between the couple and family disruption. Due to detrimental effects of this issue on couples and other family members, it is urgent to address and solve this problem (Taqavi, Taiarpour, and Hashemizadeh, 1977). Thus, regarding the importance satisfying sexual needs of the couples within the context of marital relationship and the role these needs play in developing a healthy relationship between couples (Crawford & Anger, 2004), it seems quite essential to provide counseling and psychotherapy training and intervention to enrich couple's relationship and prevent marriage instability. Theory based reality therapy is one of those approaches which emphasizes the importance of responsibly satisfying needs and their role in the personal and interpersonal life of an individual. Despite extensive research background in effectiveness of reality therapy on different aspects of marital life and newly-married couples, there is not enough studies or research about the efficiency of this approach in Iran. Since the field of counseling in midwifery is new in Iran, there is no study or research to investigate the effectiveness of reality therapy based on the 'theory of choice' among newly-married couples. Conducting research on this topic seems essential in midwifery counseling. The difference between our study and the previous ones is in different research variables. The effectiveness of choice-based reality theory on the sexual satisfaction of newly-married women has not been established in Iran. And since our aim is not to develop a new protocol; therefore, the choice-based reality therapy protocol will be used for selected couples. The details are as follows: Session 1: introduction and stating the general principles of the session Session 2: conceptualizing marital issues using the principle of

controlling Session 3: conceptualizing marital issues using the essential needs principle Session 4: conceptualizing marital issues using the qualitative world principle Session 5: introduction to behavioral system Session 6: evaluating current behavior Session 7: marriage problem solving circle Session 8: evaluating the educational content of previous sessions and post test

Category

N/A

2

Description

A 3-session training course will be provided according to the researcher's commitment and to observe the research ethics in order to thank the control group attendance

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers Ardabil City

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

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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

Shahroud 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**

Shahroud University of Medical Sciences

Full name of responsible person

Afsoun farhadi

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Latest degree

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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

Yes - There is 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

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

Yes - There is a plan to make this available

Title and more details about the data/document

All potential data shall be shared once the individuals' identification is eliminated

When the data will become available and for how

long

Data is accessible 9 months after publication

To whom data/document is available

Data will be only available for researchers in institutes and universities

Under which criteria data/document could be used

individual who have already obtained permissions can ask unidentifiable data from researchers

From where data/document is obtainable

Afsoun Farhadi, Shahroud University of Medical Sciences

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

9 months after publication

Comments

N/A