

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 45 3372 2570

##### Email address

afsounfarhady@gmail.com

##### 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

**City**

Shahroud

**Province**

Semnan

**Postal code**

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**

Dr.Omran Khosravi

##### **Street address**

Abuzar Street

##### **City**

Ardabil City

##### **Province**

Ardabil

##### **Postal code**

5615813165

##### **Phone**

+98 45 3277 1070

##### **Email**

Farhadi.a@shmu.ac.ir

### **Sponsors / Funding sources**

#### **1**

#### **Sponsor**

##### **Name of organization / entity**

Shahroud University of Medical Sciences

##### **Full name of responsible person**

Mohamad Hasan Emamin

##### **Street address**

Haft Tir Square, Shahroud University of Medical Sciences

##### **City**

Shahroud

##### **Province**

Semnan

##### **Postal code**

3614773955

##### **Phone**

+98 23 3239 5014

**Email**

emamian@shmu.ac.ir

**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

**Position**

MS Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Haft Tir Square, Shahroud University of Medical Sciences

**City**

Shahroud

**Province**

Semnan

**Postal code**

3614773955

**Phone**

+98 23 3932 5018

**Email**

afsounfarhady@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Shahrbano Salehin

**Position**

Phd of Reproductive Health

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Reproductive Health

**Street address**

Haft Tir Square, Shahroud University of Medical Sciences

**City**

Shahroud

**Province**

Semnan

**Postal code**

3614773955

**Phone**

+98 23 3932 1850

**Email**

drbsalehin@gmail.com

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

Shahroud University of Medical Sciences

**Full name of responsible person**

Afsoun Farhadi

**Position**

MS Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Haft Tir Square, Shahroud University of Medical Sciences

**City**

Shahroud

**Province**

Semnan

**Postal code**

5615786346

**Phone**

+98 23 3239 1805

**Email**

Farhadi.a@shmu.ac.ir

**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