

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### Effectiveness of Rational-Emotive-Behaviour Therapy on resiliency and marital burnout among people living with Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS)

#### Protocol summary

##### Study aim

1-Determining the Effectiveness of Rational-Emotional-Behavioral Therapy (REBT) Training on Rescuing HIV / AIDS Patients 2-Determining the Effectiveness of Rational-Emotional-Behavioral Therapy (REBT) Training on Marital Burning in People Infected with HIV / AIDS

##### Design

The study group included HIV / AIDS affected by Imam Khomeini Behavioral Counseling Counseling Center, which was selected on the basis of entry criteria and simple random sampling method.

##### Settings and conduct

Holding group counseling sessions based on the protocol "Rational Emotional Behavioral Therapy Training" at Imam Khomeini positive club

##### Participants/Inclusion and exclusion criteria

1-Married and at least 3 years have passed since their marriage. 2-Have infected with HIV or have entered the phase of the disease and have been at least 3 years old for diagnosis of HIV infection. 3-Without Drug Addictions in present. 4-Have at least reading and writing skills.

##### Intervention groups

After sampling, random assignment is performed in two intervention and control groups. The pre-test session will take place and all of the members (contain intervention and control groups) will be given two questionnaires of marital burnout and resiliency. Intervention is 8 sessions of 90-minute training (without reckoning time) for intervention group, one time a week. After 8 weeks and the sessions are over, Questionnaires will be provided again to the intervention and control groups to answer them. We will request members of the control group That until the end of the study avoid attending classes similar to the intervention or study of relevant resources.

##### Main outcome variables

It is expected that there is a significant statistical difference in increasing the resilience and decreasing

marital disturbance of those who participated in the intervention.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20100601004076N24**

Registration date: **2019-12-11, 1398/09/20**

Registration timing: **retrospective**

Last update: **2019-12-11, 1398/09/20**

Update count: **0**

##### Registration date

2019-12-11, 1398/09/20

##### Registrant information

##### Name

Minoos Mohraz

##### Name of organization / entity

Iranian Research Center for HIV/AIDS, Tehran  
University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 6694 7984

##### Email address

minoomohraz@ams.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-08-31, 1398/06/09

##### Expected recruitment end date

2019-09-04, 1398/06/13

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

**Scientific title**  
Effectiveness of Rational-Emotive-Behaviour Therapy on resiliency and marital burnout among people living with Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS)

**Public title**  
Effectiveness of Rational-Emotive-Behaviour Therapy on resiliency and marital burnout among people living with Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS)

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Married and at least 3 years have passed since their marriage. Have infected with HIV or have entered the phase of the disease and have been at least 3 years old for diagnosis of HIV infection. Without Drug Addictions in present. Have at least reading and writing skills.

**Exclusion criteria:**

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: 12

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
For this research, 75 people from the Imam Khomeini Behavioral Counseling Center who have Inclusion criteria are randomly selected. Two "resiliency" and "marital burnout" questionnaires are provided to respond to them. Of those who score lower than the benchmark in the resiliency test (less than 50) and above the benchmark in the marital exhaustion test (above 73), 16 are randomly selected and after the replacement in the experimental group and the control group (12 in the experimental group and 12 in the control group) are studied.

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Factorial

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

**Name of ethics committee**

Ethics committee of Tehran University of Medical Sciences

**Street address**

Building Ministry of Health, No 252, Hafez st. Intersection of Jomhoori st.

**City**

Tehran

**Province**

Tehran

**Postal code**

1134845764

**Approval date**

2019-05-05, 1398/02/15

**Ethics committee reference number**

IR.TUMS.VCR.REC.1398.108

## Health conditions studied

### 1

#### Description of health condition studied

Resiliency - couple Burnout

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

#### Description

Resilience Score based on Conor & Davidson Resilience Scale (CD-RISC)

**Timepoint**

At the beginning of the study and at the end of the treatment protocol implementation.

**Method of measurement**

Measurement tool: resilient questionnaire (CD-RISC) (Conor & Davidson Resilience Scale)

### 2

#### Description

Marital burnout score based on marital burnout scale (CBM)

**Timepoint**

At the beginning of the study and at the end of the treatment protocol implementation.

**Method of measurement**

marital burnout scale (CBM)

## Secondary outcomes

empty

## Intervention groups

1

### Description

Intervention group: Implementation of rational emotional behavioral therapy protocol (REBT)

### Category

Behavior

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Imam Khomeini Behavioral Disease Counseling Center

#### Full name of responsible person

Parvin Janani

#### Street address

Sponsor First floor, No. 252, Jomhoori street, Hafez Ave., Tehran University of Medical Sciences

#### City

Tehran

#### Province

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#### Postal code

1134845764

#### Phone

+98 21 6345 3345

#### Fax

+98 21 6345 3104

#### Email

parvinjanani@yahoo.com

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

vice-presidency for science and technology

#### Full name of responsible person

Zeinab Farhadi

#### Street address

33, 5th St., North Kargar St

#### City

Tehran

#### Province

Tehran

#### Postal code

1439634665

#### Phone

+98 21 8216 1127

#### Email

companies@insf.org

#### Grant name

#### Grant code / Reference number

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

Yes

## Title of funding source

vice-presidency for science and technology

## 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

Tehran University of Medical Sciences

#### Full name of responsible person

Minoos Mohraz

#### Position

Professor

#### Latest degree

Subspecialist

#### Other areas of specialty/work

Infectious diseases

#### Street address

Iranian Research Center for HIV/AIDS (IRCHA), Imam Khomeini Hospital

#### City

Tehran

#### Province

Tehran

#### Postal code

1956865432

#### Phone

+98 21 6694 7984

#### Email

ircha@tums.ac.ir

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Tehran University of Medical Sciences

#### Full name of responsible person

Parvin Janani

#### Position

Disease Expert

#### Latest degree

Bachelor

#### Other areas of specialty/work

Public Health

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First floor, No. 252, Jomhoori street, Hafez Ave., Tehran University of Medical Sciences

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Tehran University of Medical Sciences  
**Full name of responsible person**  
Maede Sadat Etesami  
**Position**  
Researcher  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychology  
**Street address**  
Iranian Research Center for HIV/AIDS, Imam Khomeini  
Hospital  
**City**  
Tehran  
**Province**  
Tehran

**Postal code**  
1234567890  
**Phone**  
+98 21 6694 7984  
**Email**  
msetesamy@gmail.com

## 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