Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

A comparative study on the Effect of Self-awareness and Problem-solving Skills Training on Marital Satisfaction of Married Women

Protocol summary

Study aim
A comparative study on the effect of self-awareness and problem-solving skills training on marital satisfaction of married women referring to health centers in Gorgan, 2019
Design
Clinical Trial with parallel group, Single blind, randomization
Settings and conduct
In this experimental study, pre-test and post-test with control group, 120 married women who spend up to 5 years of their life together and receive Pap smears and care for infants' care or vaccination. They will be selected, randomly divided into two intervention groups and one control group.
Participants/Inclusion and exclusion criteria
All women of childbearing age with a cohabitation of 6 months to 5 years
Intervention groups
Women in intervention group 1 participated in self-awareness training sessions and women in intervention group 2 participated in problem solving skills training and the control group did not receive any intervention.
Main outcome variables
marital satisfaction

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190721044290N1**
Registration date: **2020-12-24, 1399/10/04**
Registration timing: **retrospective**

Last update: **2020-12-24, 1399/10/04**
Update count: **0**
Registration date
2020-12-24, 1399/10/04

Registrant information
Name
Saba Moodi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 56 3225 8357
Email address
mw.moodi@goums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-10-22, 1398/07/30
Expected recruitment end date
2020-10-21, 1399/07/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
A comparative study on the Effect of Self-awareness and Problem-solving Skills Training on Marital Satisfaction of Married Women

Public title
"The Effect of Self-awareness Skill Training on Marital Satisfaction of Married Women" "The Effect of Problem-solving Skill Training on Marital Satisfaction of Married Women"
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:

Residing in Gorgan High school education and higher The marriage being permanent The first marriage of each couple The duration of marriage (cohabitation under one roof) is six months to five years Reproductive age Earn less than the quorum of the Enrich Marital Satisfaction Questionnaire

Exclusion criteria:

Surgical history of hysterectomy, ophorectomy Existence or history of malignancies of the reproductive system (uterus, ovaries) and breasts Chronic medical conditions (such as diabetes, kidney (dialysis), multiple sclerosis) or debilitating diseases Nervous and mental illnesses such as anxiety and depression or the use of medications associated with it Studying psychology, counseling and attending other psychotherapy sessions A history of infertility Addicting each couple History of the accident in the past six months Menopause

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants are asked to complete the informed consent form to participate in the research, the Enrich Marital Satisfaction Questionnaire, the Self-Awareness Questionnaire, and the Problem Solving Questionnaire. Then based on the marital satisfaction score, the block allocation will be done by random method.

Blinding (investigator's opinion)

Single blinded

Blinding description

Based on the marital satisfaction score, the researcher will perform randomized block allocation.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Gorgan University of Medical Sciences

Street address

first Shastkola road, Gorgan

City

Gorgan

Province

Golestan

Postal code

1

Approval date

2019-09-21, 1398/06/30

Ethics committee reference number

IR.GOUMS.REC.1398.187

Health conditions studied

1

Description of health condition studied

marital satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Marital satisfaction score in the Enrich Marital Satisfaction Questionnaire

Timepoint

Before intervention, immediately and one month after intervention

Method of measurement

Enrich Marital Satisfaction Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Behavior

2

Description

Intervention group:

Category

Behavior

3

Description

Control group:

Category

Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Golha Health Center
Full name of responsible person
Saba Moodi
Street address
No. 1 Golbarg Alley, Golha Street
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Gorgan University of Medical Sciences
Full name of responsible person
Dr GH Roshandel
Street address
No. 10, Tahmasebi AVE, Gorgan Town
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4919655481
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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
Gorgan 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
Gorgan University of Medical Sciences
Full name of responsible person
Saba Moodi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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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
Yes - There is 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
Individual data can be shared after unidentifiable.
When the data will become available and for how long
6 months after printing results
To whom data/document is available
researchers
Under which criteria data/document could be used
researchers
From where data/document is obtainable
midwife.moodi@ymail.com
What processes are involved for a request to access data/document
midwife.moodi@ymail.com
Comments