

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

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

#### Protocol summary

2020-12-24, 1399/10/04

##### 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

##### 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, oophorectomy 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

**City**

Gorgan

**Province**

Golestan

**Postal code**

4915643316

**Phone**

+98 17 3215 8236

**Email**

midwife.moodi@ymail.com

## 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

**City**

Gorgan

**Province**

Golestan

**Postal code**

4919655481

**Phone**

+98 17 3245 8056

**Email**

midwife.moodi@ymail.com

**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**

Midwifery

**Street address**

No. 10, Tahmasebi AVE, Gorgan Town

**City**

Gorgan

**Province**

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4919655481

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**Email**

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## Person responsible for scientific 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

### Contact

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Gorgan University of Medical Sciences

**Full name of responsible person**

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Student

**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**

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**