

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Comparative study of the effectiveness of emotionally focused therapy (EFT) and narrative therapy (NT) on marital quality of marital conflict

Protocol summary

Study aim

Evaluation and comparison of efficacy of emotional focused therapy with narrative therapy

Design

Two experimental groups and one control group will be randomly assigned. 45 participants will be divided into three groups of 15 emotion-focused therapy, narrative therapy and control groups by using Random allocation software.

Settings and conduct

45 people with marital conflicts referring to Aftabeh Mehr and Rahe Eshgh in Isfahan Counseling Centers will be divided into 3 groups. There are in each group 15 of person for emotion-focused therapy, narrative therapy and control groups. The quality of life questionnaire will be measured before and after receiving treatment by all 3 groups and then the results will be analyzed by SPSS software.

Participants/Inclusion and exclusion criteria

entry criteria: Having marital conflicts, referring to counseling centers, desire for relationship reform
Non-entry criteria: No drug addiction, no acute personality disorders, no acute and critical conflicts, no divorce decision

Intervention groups

Emotion-focused group - Narrative therapy group - Control group

Main outcome variables

Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200104045997N1**

Registration date: **2020-02-25, 1398/12/06**

Registration timing: **retrospective**

Last update: **2020-02-25, 1398/12/06**

Update count: **0**

Registration date

2020-02-25, 1398/12/06

Registrant information

Name

Alireza Torkan

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3263 4152

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-21, 1397/01/01

Expected recruitment end date

2019-03-20, 1397/12/29

Actual recruitment start date

2018-03-21, 1397/01/01

Actual recruitment end date

2019-03-20, 1397/12/29

Trial completion date

2019-03-20, 1397/12/29

Scientific title

Comparative study of the effectiveness of emotionally focused therapy (EFT) and narrative therapy (NT) on marital quality of marital conflict

Public title

Comparative study of the effectiveness of emotionally focused therapy (EFT) and narrative therapy (NT) on marital quality of marital conflict

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having marital conflicts Refer to counseling centers
Decided to reform the relationship

Exclusion criteria:

Lack of drug addiction Lack of acute personality and
mental disorders No decision to divorce

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, by using Random allocation software , we will try to select 45 people from the study with inclusion criteria. Then, by entering their numbers into the software, they will be divided into 3 groups of 15 people. In order to hide the numbers in the process of assigning participants to the 3 groups, the individual files will be packed first. Then someone outside the research system who is unaware of the research process and the allocation of their numbers and numbers in general will be used to perform the process of randomly selecting numbers from the software, regardless of subsequent allocations.

Blinding (investigator's opinion)

Single blinded

Blinding description

Given the impossibility of blinding the treatment interventions for participants and counselors, only coded participants' checklists will be provided to assess the therapeutic implications for data collection in this study. Also, the data analyst has no knowledge of the type of interventions in the 3 groups and will only have the codes for the checklists.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University of
Khorasgan Branch

Street address

Arghvani St. - Islamic Azad University - Khorasgan
Branch

City

isfahan

Province

Isfahan

Postal code

81551-39998

Approval date

2019-05-15, 1398/02/25

Ethics committee reference number

IR.IAU.KHUISF.REC.1398.046

Health conditions studied

1

Description of health condition studied

marital conflicts

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of marital life

Timepoint

Before intervention - After intervention

Method of measurement

Busby Marital Quality Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Emotion-focused therapy: This treatment was invented in the 1980s by Susan Johnson, Canada, with 9 steps in 5 sessions of an hour and a half with many techniques that they are: de-escalation and relationships, discovery, negative interaction cycle, stigma, vagina, and Strength will be applied for each session.

Category

Treatment - Other

2

Description

Intervention group: Narrative Therapy: This treatment was founded in the 1980s by Michael White and David Epston. This treatment is in 8 steps and 5 sessions of an hour and a half with techniques: external dialogues,

problem history tracking, problem impact reviews, problem placement: deconstruction, exploration of unique consequences, meaning tracking and history of unique consequences, and alternative story enrichment will be done.

Category

Treatment - Other

3**Description**

Control group: In the control group, will be included a de-escalation counseling session ; then after the study and data gathering will be considered appropriate treatment for them.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Aftab Mehr Consulting Center

Full name of responsible person

Dr. Fatemeh Bahrami

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Shams Abadi Street, Alley 20

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2**Recruitment center****Name of recruitment center**

مرکز مشاوره راه عشق

Full name of responsible person

دکتر روناک عشقی

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Shariati Street - Kasai Alley

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raheeshghclinic@yahoo.com

Web page address

http://raheeshghcc.com/

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Dr. Hadi Farhadi

Street address

Arghvani Boulevard- Islamic Azad University of Khorasgan Branch

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Email

farhadihadi@yahoo.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University

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**

Esfahan University of Medical Sciences

Full name of responsible person

Alireza Torkan

Position

Consultant

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

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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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The questionnaires in this study are unrecognizable and will be provided to assist other researchers in their pursuit of progress on demand.

When the data will become available and for how long

6 months after the inference of results

To whom data/document is available

Other researchers interested in furthering this study have access to this data.

Under which criteria data/document could be used

Use of data is permitted when data is used to advance this research or other researches.

From where data/document is obtainable

Alireza Torkan torkanalireza@ymail.com 09133202049

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

I will send them a week after their request.

Comments