

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Developing a training package based on the approach of the healthy human theory of couples and comparing its effectiveness with Emotionally Focused training on marital satisfaction, marital happiness, interpersonal forgiveness and hope in couples in Isfahan

Protocol summary

Study aim

Quality section goals Determine the structure and process of the package Develop an educational package Determining the specialized validity of the package Objectives of the quantitative section Determining the preliminary validity of the closed package Comparison of the effectiveness of the educational package based on the couple's healthy human approach with the couple's emotional orbit training on the couple's marital satisfaction. Comparison of the effectiveness of the educational package based on the couple's healthy human approach with the couple's emotional orbit training on the couple's marital happiness. Comparison of the effectiveness of the educational package based on the couple's healthy human approach with couples' emotional orbit training on interpersonal forgiveness of couples. Comparison of the effectiveness of the educational package based on the couple's healthy human approach with the couple's emotion-oriented training on hope in couples.

Design

Control group, with parallel groups, one-way blind, 39 pairs

Settings and conduct

3-month forecast, training, decision-making and follow-up Couples show to Farhangsarasa training on couple communication empowerment

Participants/Inclusion and exclusion criteria

log in Age group 18 to 40 years Score between 85 and 122 of Enrich's 47-item questionnaire Monogamy Having one child up to three children 5 years have passed since the marriage Exit Lack of cooperation in homework Lack of individual presence Pregnancy of the wife before or during the performance Divorce of the couple during the execution Absence more than 3 sessions Drug and alcohol use

Intervention groups

Healthy human package training 12 sessions per week one session Learn the exciting 10-session approach of one session per week Control group without training

Main outcome variables

Marital satisfaction; interpersonal forgiveness; marital happiness; hope

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200423047180N1**

Registration date: **2020-06-16, 1399/03/27**

Registration timing: **retrospective**

Last update: **2020-06-16, 1399/03/27**

Update count: **0**

Registration date

2020-06-16, 1399/03/27

Registrant information

Name

Sara Moradi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-10-10, 1398/07/18

Expected recruitment end date

2019-11-01, 1398/08/10

Actual recruitment start date

2019-11-01, 1398/08/10

Actual recruitment end date

2019-12-17, 1398/09/26

Trial completion date

2020-04-16, 1399/01/28

Scientific title

Developing a training package based on the approach of the healthy human theory of couples and comparing its effectiveness with Emotionally Focused training on marital satisfaction, marital happiness, interpersonal forgiveness and hope in couples in Isfahan

Public title

Developing a training package based on the approach of the healthy human theory of couples

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Being in the age group of 18 to 40 years. Earnings between 85 and 122 from Marital Satisfaction Questionnaire 47 Enrich Question(Relative Dissatisfaction). Monogamy. Lack of parallel psychological or psychiatric treatment. Willingness and satisfaction to participate in research. Having at least one child and a maximum of three children. Spend at least 5 years living together.

Exclusion criteria:

Suicide services for any couple Second marriage after each of the couple

AgeFrom **18 years** old to **40 years** old**Gender**

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample sizeTarget sample size: **45**

More than 1 sample in each individual

Number of samples in each individual: **2**

Each sample includes a couple

Actual sample size reached: **39**

More than 1 sample in each individual

Actual sample size in each individual: **2**

Each sample includes a couple

Randomization (investigator's opinion)

Randomized

Randomization description

In 1398, research was conducted on 78 people (39 couples) who visited cultural centers, Basij cultural centers, mental health centers, mental health populations under the supervision of welfare, governorate, governorate in Isfahan, which had the

criteria to enter the research. . In this study, purposeful sampling method (based on the criteria for entering the study) was used. Then, the subjects were divided into three groups of 26 people (13 pairs) using random number table and using the lottery method into two experimental groups (Twenty-six people or 13 couples were assigned to the Healthy Human Package Training Group, 26 or 13 couples were assigned to the Training Package Training Group, and one control group (26 or 13 couples) was assigned.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study groups were coded and the data analyzer did not know the type of group interventions and the distinction between the study groups was made by the code.

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, Khorasgan Branch

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Isfahan, East Jay St., Arghavanieh, University Blvd.

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Province

Isfahan

Postal code

8155139998

Approval date

2020-06-10, 1399/03/21

Ethics committee reference number

IR.IAU.KHUISF.REC.1399.070

Health conditions studied**1****Description of health condition studied**

Educational package based on a healthy human theory for couples

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Exciting learning

ICD-10 code
ICD-10 code description

Primary outcomes

1

Description

Marital Satisfaction

Timepoint

Before the intervention, after the intervention, 3 months after the intervention

Method of measurement

Questionnaire 47 Enrich Marital Satisfaction Question

2

Description

Marital happiness

Timepoint

Before the intervention, after the intervention, 3 months after the intervention

Method of measurement

Azarin, Noster and Jones' marital happiness scale

3

Description

Interpersonal forgiveness

Timepoint

Before the intervention, after the intervention, 3 months after the intervention

Method of measurement

IFI-25 interpersonal forgiveness scale

4

Description

Hope

Timepoint

Before the intervention, after the intervention, 3 months after the intervention

Method of measurement

Snyder's Hope Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

First Intervention Group: Pre-test intervention was taken before the test, which included 47 questionnaires of Enrich's marital satisfaction, 25 interpersonal forgiveness questions, Ehteshamzadeh, Ahadi, Enayati, and Heidari, Azarin's 10-word marital happiness, Naster and Jones, and a 12-word questionnaire. Omid Schneider and then a closed-minded training based on healthy human theory were developed for 12 couples, including the first, second, third, sixth, and sixth 120-minute sessions, the

last 55-minute sessions, and the remaining 90-minute sessions. And follow-up was performed 3 months after the intervention

Category

Treatment - Other

2

Description

Second Intervention Group: First Intervention Group: Before the intervention, a pre-test was taken. Jones and Omid Schneider's 12-word questionnaire and then the exciting package training, which includes 10 90-minute sessions, were taken after post-test intervention and followed up 3 months after follow-up intervention.

Category

Treatment - Other

3

Description

Control group: Pre-test was performed and no intervention was performed and post-test was performed 3 months later.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Cultural Centers

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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Full name of responsible person

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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
 Khorasgan 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

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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
 No - There is not 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