Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparing the effectiveness of communication and marital skills training on marital performance, marital satisfaction and reduction of marital conflicts in female students.

Protocol summary

Study aim
The aim of this study was to identify effective combination strategies in the treatment of psychological and communication problems of couples.

Design
Clinical trial with control group, with parallel groups, two groups of 15 people, a random number table was used for randomization.

Settings and conduct
The research method is quasi-experimental and is of pre-test-post-test and follow-up with experimental and control groups. The members of the three groups are evaluated by pre-test (T1) before performing educational interventions. Then educational interventions are applied on the experimental groups (X1 and X2), then the three groups are evaluated using post-test (T2) to determine the effect of independent variables on The dependent variables (marital conflict post-test scores, marital satisfaction, and sexual function) are measured,

Participants/Inclusion and exclusion criteria
Inclusion criteria : (Married women in the age range of 25 to 40 years, scoring lower than the cut line in the Marital Conflict, Marital Satisfaction and Sexual Function Questionnaires) Exit criteria (Under medical and psychological therapies to improve physical, behavioral, etc. problems, participation in treatment programs leads to damage to other areas of their social and personal life .

Intervention groups
Communication skills training for intervention group 1 and sexual function skills training for intervention group 2 and intervention group were not performed.

Main outcome variables
Marital performance (sexual), marital satisfaction, marital conflicts

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200211046462N1**
Registration date: **2021-07-10, 1400/04/19**
Registration timing: **registered_while_recruiting**

Last update: **2021-07-10, 1400/04/19**
Update count: **0**

Registration date
2021-07-10, 1400/04/19

Registrant information

Name
Mina Azarnik
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-06-22, 1400/04/01

Expected recruitment end date
2021-08-22, 1400/05/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of communication and marital skills training on marital performance, marital satisfaction and reduction of marital conflicts in female students.

Public title
Compareing effectiveness
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Married women in the age range of 25 to40 years Having the consent to participate in research
Exclusion criteria:
Be under medical and psychological treatment to improve physical, behavioral, etc. problems. Participating in treatment programs can damage other areas of their social and personal lives
Age
From **25 years** old to **40 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Random assignment to intervention and control groups ,, Available sampling, Individual sampling unit, Random number table randomization tool with computer help, No concealmentUniversity of Science Medicine is called, we do not have concealment
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of shiraz university of medical sciences
Street address
No 14 ,Sabalan Ave, Shahed Blvd, Sepahanshahr ,Isfahan, Iran
City
Bandar Abbas
Province
Hormozgan
Postal code
8179957664
Approval date
2020-05-17, 1399/02/28
Ethics committee reference number
IR.Hums.REc.1399.110

Health conditions studied

1

Description of health condition studied
Sexual function, marital satisfaction, marital conflicts
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Marital performance
Timepoint
Before the intervention, 35 days after the intervention and three months after the end of the intervention
Method of measurement
Questionnaire 19 questions of sexual function of women Rosen, Brown, Heiman, Metson, Shabsig et al. (2000).

2

Description
Marital Satisfaction
Timepoint
Before the intervention, 35 days after the intervention and three months after the end of the intervention
Method of measurement
Questionnaire 47 questions of marital satisfaction of Enrich Fours and Olson (993).

3

Description
Marital conflict
Timepoint
Before the intervention, 35 days after the intervention and three months after the end of the intervention
Method of measurement
Multidimensional Marital Conflict Questionnaire (1377).

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: 15 people who undergo 10 sessions of 90-minute communication skills training based on the communication skills treatment protocol of Sitniko, Rohan, Evans, Mahon and Nilni (2013) training program, which lasts a total of 5 weeks90-minute communication skills training that lasts a total of 5 weeks

Category

Behavior

2

Description

Intervention group 2: 15 people who undergo 10 sessions of 90 minutes of sexual communication skills training according to the protocol of Masters and Johnson (1970), which lasts a total of 5 weeks.of 90-minute sexual skills training that lasts a total of 5 weeks.

Category

Behavior

3

Description

The 15-member control group does not receive any training, but before and after the intervention and three months later, they undergo pre-test, post-test and follow-up.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan university of medical science

Full name of responsible person

Batool Saiehi

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Daneshgah Ave , Isfahan university of medical science

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Private

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?

No

Title of funding source

private

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran Payame noor university

Full name of responsible person

Amin rafiepoor

Position

Assistant proffesor

Latest degree

Ph.D.

Other areas of specialty/work

physician

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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
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available

Title and more details about the data/document
It is possible to share part of the data

When the data will become available and for how long
Access starts 12 months after the results are published

To whom data/document is available
Researchers working in academic institutions

Under which criteria data/document could be used
After coordination with Dr. Amin Rafieipour and the necessary commitments

From where data/document is obtainable
Dr. Amin Rafiepoor

What processes are involved for a request to access data/document
It is determined by Dr. Amin Rafieipour

Comments