

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 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)

Phone

+98 31 3650 4907

Email address

mazarnik@yahoo.com

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

Comparing effectiveness

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Married women in the age range of 25 to 40 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 concealment University 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

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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 (1993).

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 weeks. 90-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. 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

Street address

Daneshgah Ave , Isfahan university of medical science

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8174673461

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Private

Full name of responsible person

Mina Azarnik

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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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Person responsible for scientific

inquiries

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Person responsible for updating data

Contact

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Position

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Latest degree

Master

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

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 Rafieipour

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

It is determined by Dr. Amin Rafieipour

Comments