

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress.

Protocol summary

Study aim

Determining the effect of counseling with stress management approach and relationship enrichment approach on sexual satisfaction and marital satisfaction of working women with high job stress

Design

This quasi-experimental study was performed on 75 nurses and midwives and participants randomly using the website www.random.org through block shifts based on work shifts (fixed or rotating) with Six or nine blocks and a 1: 1: 1 allocation ratio are assigned to three groups (stress management counseling, relationship enrichment counseling, and control group) and, for concealment, the type of intervention on paper and inside Opaque envelopes will be placed, numbered consecutively.

Settings and conduct

Teaching hospitals of Tabriz

Participants/Inclusion and exclusion criteria

1. Bachelor's degree in nursing and midwifery and above
2. Working women with at least one year of experience in the hospital
3. Having a spouse alive
4. Being sexually active and monogamous
5. Get a score greater than or equal to 100 of the job stress questionnaire
6. Not receiving personal counseling services during participation in treatment sessions
No entry conditions
1. History of physical illnesses affecting sexual desire
2. Stressful variables such as disability or illness of a family member
3. Having a mental illness of yourself, your spouse or a family member
4. Occurrence of recent traumatic events and acute stress problem
5. Smoking, alcohol and drugs and other drugs that affect the body and mind
6. Taking drugs to reduce sexual desire
7. Menopause
8. Existence of sexual dysfunction in wife or spouse
8. Marital disputes affecting sexual relations

Intervention groups

The first group of counseling with a stress management approach and the second group of counseling with a

relationship enrichment approach and a control group

Main outcome variables

Job stress, marital satisfaction and sexual satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110524006582N34**

Registration date: **2020-11-12, 1399/08/22**

Registration timing: **registered_while_recruiting**

Last update: **2020-11-12, 1399/08/22**

Update count: **0**

Registration date

2020-11-12, 1399/08/22

Registrant information

Name

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Name of organization / entity

Tabriz University of Medical Sciences and Health Services

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-19, 1399/07/28

Expected recruitment end date

2021-02-18, 1399/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress.

Public title

The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Bachelor's degree in nursing and midwifery at the undergraduate level and above Working women with at least one year of hospital experience (including contract, plan and formal) Having a spouse alive Being sexually active and monogamous Get a score greater than or equal to 100 from the Job Stress Questionnaire Failure to receive individual counseling services while attending treatment sessions

Exclusion criteria:

Having a history of physical illnesses affecting sexual desire (having organ lesions, developing a chronic physical illness such as high blood pressure, diabetes) Stress variables such as disability or illness of a family member (cancer, retardation, etc.) Occurrence of recent traumatic events and acute stressful problems (death of child, father, etc.) Having her own mental illness, spouse or family member according to the patient Smoking, alcohol and drugs and other drugs that affect the body and mind Menopause Taking drugs to reduce libido (antidepressants: fluoxetine, sertraline, paroxetine. Antihistamines: chlorpheniramine, drugs that affect blood pressure: clonidine, captopril, benzodiazepines such as alprazolam (Xanax) and

AgeFrom **20 years** old to **50 years** old**Gender**

Female

Phase

N/A

Groups that have been masked

No information

Sample sizeTarget sample size: **75****Randomization (investigator's opinion)**

Randomized

Randomization description

Participants who completed the pre-test questionnaires randomly using the website www.random.org and through block classification based on work shift (fixed shift or rotating shift) with blocks Six or nine and a 1: 1: 1

allocation ratio to three groups (one group receiving stress management counseling, one group receiving marital relationship enrichment counseling, and one control group). Blocking will be done by a person not involved in sampling and data analysis. To hide the allocation, the type of intervention will be written on paper and placed inside the numbered envelopes, numbered consecutively (Allocation Concealment). The envelopes will be opened in the order in which the participants enter the study and the type of intervention received by them will be determined. In order to prevent contamination, one person will be selected from each section, so that the first person who is eligible and willing to participate in the study will be selected from each section.

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 Research in Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences - Central Organization No. 2 - Vice Chancellor for Research

City

TABRIZ

Province

East Azarbaijan

Postal code

5165665931

Approval date

2019-11-25, 1398/09/04

Ethics committee reference number

IR.TBZMED.REC.1398.873

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

Job stress, sexual satisfaction, marital satisfaction

ICD-10 code**ICD-10 code description****Primary outcomes**

1

Description

Comparison of the mean score of sexual satisfaction, 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) with controlling the effect of baseline score

Timepoint

Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) by controlling the effect of baseline score

Method of measurement

Larson Sexual Satisfaction Questionnaire

2

Description

Comparison of the mean score of marital satisfaction, 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) controlling the effect of the base score

Timepoint

Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) controlling the effect of baseline score

Method of measurement

Enrich Marital Satisfaction Questionnaire

Secondary outcomes

1

Description

Comparison of mean job stress score 2 weeks after the intervention in control and intervention groups (2 groups receiving counseling) with controlling the effect of baseline score

Timepoint

Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) by controlling the effect of baseline score

Method of measurement

OSIPO Job Stress Questionnaire

Intervention groups

1

Description

Intervention group: Receiving counseling with a stress management approach. In this study, six counseling sessions will be held at intervals of one week for six consecutive weeks with groups of 4 to 6 people. Educational content of stress management approach: Introduction of stress management program, definition of stress and how it affects physical, mental and Social, sources of stress, providing an introduction to the importance and necessity of stress management skills training, addressing the differences between people in

the face of stress and the cause of differences, thought-emotional communication, training and discussion about relaxation, stress and awareness, training and discussion of negative thoughts and behaviors, Steps for replacing rational thoughts, examining people's coping styles in stressful situations, introducing problem-oriented and emotion-oriented techniques as coping strategies with stress, objectifying the role of stress in life, cognitive reconstruction, problem solving, time management Positive Thinking, Self-Esteem, Self-Esteem and Dealing with Concerns, Diaphragm Relaxation and Breathing

Category

Behavior

2

Description

Intervention group: Recipient of counseling with relationship enrichment approach. In this study, six counseling sessions will be held at intervals of one week for six consecutive weeks with groups of 4 to 6 people. Speaking and negotiation skills as the first basic skill, self-expression skills training (second skill) and empathy skills (third skill). Enrichment training for couples and conflict resolution skills between them. Problem solving, reviewing problem-solving solutions, paying attention to strengths and weaknesses in dealing with problems. Train your change skills.

Category

Behavior

3

Description

Control group: Does not receive any intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina Hospital

Full name of responsible person

Leily Kazemi

Street address

Tabriz - Azadi St. - Between the intersection of Shahid Montazeri and Hafez - Sina Hospital

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2

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Leily Kazemi

Street address

Tabriz / Golgasht St., in front of the Central Organization of the University - Imam Reza Educational and Medical Center

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imamreza@tbzmed.ac.ir

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3

Recruitment center

Name of recruitment center

Shahid Madani Hospital

Full name of responsible person

Leily Kazemi

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Tabriz - Daneshgah St. - Opposite to the University Research and Development Complex - Shahid Madani Cardiovascular Training and Research Center Tabriz

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Email

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4

Recruitment center

Name of recruitment center

Alzahra Hospital

Full name of responsible person

Leily Kazemi

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South Army Street - Al-Zahra Educational and Medical Center, Baghshamal Crossroads

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5

Recruitment center

Name of recruitment center

Taleghani Medical Research & Training Hospital

Full name of responsible person

Leily Kazemi

Street address

Tabriz / Railway Square / Taleghani Medical Training Center, Tabriz

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6

Recruitment center

Name of recruitment center

children hospital

Full name of responsible person

Leily Kazemi

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7**Recruitment center****Name of recruitment center**

Shohada Medical Research & Training Hospital

Full name of responsible person

Leily Kazemi

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8**Recruitment center****Name of recruitment center**

Razi Hospital

Full name of responsible person

Leily Kazemi

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9**Recruitment center****Name of recruitment center**

Alavi Hospital

Full name of responsible person

Leily Kazemi

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

Tabriz University of Medical Sciences

Full name of responsible person

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Golgasht Street, Research Office, No 2 Central Building, Tabriz University of Medical

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Grant name

En 20%Grant active researchers

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

Yes

Title of funding source

Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Mahin Kamalifard

Position

Faculty member

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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

Undecided - It is not yet known if there will be 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