

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 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](http://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

Mahin Kamalifard

##### Name of organization / entity

Tabriz University of Medical Sciences and Health Services

##### Country

Iran (Islamic Republic of)

##### Phone

+98 414796770

##### Email address

kamalifardm@gmail.com

##### 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 .....

**Age**

From **20 years** old to **50 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **75**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Participants who completed the pre-test questionnaires randomly using the website [www.random.org](http://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

#### **City**

Tabriz

#### **Province**

East Azarbaijan

#### **Postal code**

5163639888

#### **Phone**

+98 41 3541 2101

#### **Fax**

+98 41 3334 4280

#### **Email**

research-vice@tbzmed.ac.ir

**Web page address**  
<https://sinahosp.tbzmed.ac.ir>

## 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

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5166614756

**Phone**

+98 41 3334 7054

**Fax**

+98 41 3335 2073

**Email**

imamreza@tbzmed.ac.ir

**Web page address**

<https://imamreza.tbzmed.ac.ir/>

## 3

### **Recruitment center**

**Name of recruitment center**

Shahid Madani Hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

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

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5166614756

**Phone**

+98 41 3337 3909

**Fax**

+98 41 3334 4021

**Email**

Madanihearthosp@tbzmed.ac.ir

**Web page address**

<https://madanihosp.tbzmed.ac.ir/>

## 4

### **Recruitment center**

**Name of recruitment center**

Alzahra Hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

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

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5138665793

**Phone**

+98 41 3553 9161

**Fax**

+98 41 3334 4280

**Email**

info@alzahrahosp.tbzmed.ac.ir

**Web page address**

<https://alzahrahosp.tbzmed.ac.ir/>

## 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

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

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**Phone**

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**Fax**

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**Email**

taleghani.hos@tbzmed.ac.ir

**Web page address**

[https://taleghanihosp.tbzmed.ac.ir](https://taleghanihosp.tbzmed.ac.ir/)

## 6

### **Recruitment center**

**Name of recruitment center**

children hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

Tabriz / Sheshgalan Street

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5136735886

**Phone**

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**Fax**

+98 41 3526 2250

**Email**

kodakanhospital@tbzmed.ac.ir

**Web page address**

https://childrenhospital.tbzmed.ac.ir

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

Shohada Medical Research & Training Hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

Tabriz / Ail Goli Road / Golshahr St. 692 PO Box

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

5138665692

**Phone**

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**Email**

shohadahospital@tbzmed.ac.ir

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

Razi Hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

Tabriz / Shahid Bakeri Boulevard (el Goli)

**City**

Tabriz

**Province**

East Azarbaijan

**Postal code**

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**Phone**

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

Alavi Hospital

**Full name of responsible person**

Leily Kazemi

**Street address**

Tabriz, 5th of Mordad Square (formerly monajem Boulevard)

**City**

Tabriz

**Province**

East Azarbaijan

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5138665692

**Phone**

+98 41 3267 1770

**Email**

research-vice@tbzmed.ac.ir

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

Tabriz University of Medical Sciences

**Full name of responsible person**

Mohammad Samiei

**Street address**

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

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Tabriz

**Province**

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**Phone**

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**Email**

samiei.moh@gmail.com

**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

**Street address**

Shariati Street, Faculty of Nursing Midwifery

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**Province**

East Azarbaijan

**Postal code**

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**Phone**

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**Email**

kamalifardm@tbzmed.ac.ir

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Mahin Kamalifard

**Position**

Master of sciences of midwifery, Faculty member

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

**Street address**

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**Province**

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**Postal code**

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**Contact**

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Tabriz University of Medical Sciences

**Full name of responsible person**

Mahin Kamalifard

**Position**

Faculty member

**Latest degree**

Master

**Other areas of specialty/work**

Midwifery

**Street address**

Shariati Street, Tabriz Nursing Midwifery Faculty

**City**

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**Province**

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**Postal code**

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**Email**

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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