

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effectiveness of solution-focused therapy on alexithymia, communication beliefs and marital satisfaction

Protocol summary

Study aim

Determining the effectiveness of solution-focused therapy on alexithymia, communication beliefs and marital satisfaction

Design

Clinical trial, with control and experimental groups, randomized using block randomization method and sample size of 30 pairs, which was used for randomization from the website <https://www.sealedenvelope.com>.

Settings and conduct

The statistical population of this study includes couples referring to counseling clinics in Qazvin, after which the necessary samples are selected. Sampling was done in counseling clinics in Qazvin. Then using a random method Simplification of the samples is divided into two groups of control and intervention. Pre-test is performed using alexithymia, communication beliefs and marital satisfaction questionnaires and the intervention group is treated with solution-focused and then post-test is performed. Control group research will also be treated

Participants/Inclusion and exclusion criteria

Entry requirement: The participant must be married, at least 18 years old, the participant must be a resident of Qazvin; Condition of non-entry: use of psychiatric drugs, inability to read and write

Intervention groups

Intervention group: receive solution-focused therapy .
Control group: do not receive any intervention .

Main outcome variables

Alexithymia ; Marital communication beliefs ; Marital Satisfaction

General information

Reason for update

Acronym

SFBT

IRCT registration information

IRCT registration number: **IRCT20210326050774N1**

Registration date: **2022-07-13, 1401/04/22**

Registration timing: **retrospective**

Last update: **2022-07-13, 1401/04/22**

Update count: **0**

Registration date

2022-07-13, 1401/04/22

Registrant information

Name

Bahare Kolyaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3256 4644

Email address

baharekolyaei@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-06, 1400/04/15

Expected recruitment end date

2021-08-06, 1400/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of solution-focused therapy on alexithymia, communication beliefs and marital satisfaction

Public title

Determining the effectiveness of solution-focused therapy on alexithymia, communication beliefs and marital satisfaction

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

The participant must be married Be at least 18 years old
The participant must be a resident of Qazvin city

Exclusion criteria:

Consumption of psychiatric drugs inability to read and write

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the samples are divided into experimental and control groups using block randomization method. The randomization unit is individual and before assigning the individual, the assigned group is not specified. For randomization from the website <https://www.sealedenvelope.com> is used.

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 University Azad Islamic Lahijan

Street address

East Kashif St., End of Shaghayegh St., Islamic Azad University of Lahijan

City

Lahijan

Province

Guilan

Postal code

4416939515

Approval date

2021-05-26, 1400/03/05

Ethics committee reference number

IR.IAU.LIAU.REC.1400.014

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

Alexithymia

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

Marital communication beliefs

ICD-10 code**ICD-10 code description****3****Description of health condition studied**

Marital Satisfaction

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Alexithymia score in the Alexithymia Toronto questionnaire

Timepoint

Before and after the intervention

Method of measurement

Alexithymia Toronto Questionnaire

2**Description**

Marital communication beliefs questionnaire (RBI) score

Timepoint

Before and after the intervention

Method of measurement

Marital Communication Beliefs Questionnaire (RBI)

3**Description**

Marital Satisfaction Questionnaire ENRICH score

Timepoint

Before and after the intervention

Method of measurement

Marital Satisfaction Questionnaire (ENRICH)

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group receives solution-focused treatment. The treatment sessions are as follows: Each session lasts 45 minutes and two sessions per week for three consecutive weeks. The content of the interventions of each session is as follows: -session 1: 1. Defining a problem 2. Inviting references to say the problem in a word and turning that word into a sentence 3. Turning the problem into achievable goals 4. Discussion and debate about the problem. -Session 2: Examining grievance solutions 4. Formulating problem-solving circles. -Session 3: 1. Summarize the previous session and examine the problem. 2. Talk about the future. -Session 4: 1. Review of assignments and summary of the previous session 2. Explain the master key technique and use it 3. Use of the scale questions technique.-Session 5: 1. Review of the assignments of the previous session 2. Continuation of the master key technique of the previous session 3. Use of the technique Pretending assignments 4. Using solution-oriented questions 5. Using backward argument and contradictory betting. -Session 6 :1. Summary of the previous session and reviewing the completed assignments. Have clients achieved treatment goals?

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Behnood

Full name of responsible person

Dr Amiri majd Mojtaba

Street address

Sabzeh Maidan, Red Crescent Street, Shahid Ghaneh Alley, No. 14, Unit 17

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AmiriMajd_mojtaba@gmail.com

2

Recruitment center

Name of recruitment center

Behood 2

Full name of responsible person

Dr Amiri majd Mojtaba

Street address

Nowruzian, at the beginning of Parstar Boulevard, between Hekmat 8 and 10, Parsa Building, Unit 8

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Phone

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Email

AmiriMajd_mojtaba@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr Ashoori Majid

Street address

East Kashif St., End of Shaghayegh St., Islamic Azad University of Lahijan

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Postal code

4416939515

Phone

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Email

info@liau.ac.ir

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

No

Title of funding source

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

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Bahare Kolyaei

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Fax**Email**

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Bahare Kolyaei

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

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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

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

Title and more details about the data/document

The effectiveness of solution-focused therapy on alexithymia, communication beliefs and marital satisfaction in couples referred to counseling clinics in Qazvin

When the data will become available and for how long

Access period starts 6 months after the results are published.

To whom data/document is available

Researchers and students.

Under which criteria data/document could be used

For use in subsequent research and citation.

From where data/document is obtainablePeople can send their request to the mentioned e-mail address. Www.baharekolyaei@gmail.com**What processes are involved for a request to access data/document**Refer to the email address provided and state the reason for your request. Www.baharekolyaei@gmail.com**Comments**