

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Emotionally Focused Couple Therapy effect on emotional dissociation, sexual function, disenchantment with marriage and fidelity female's city of Mashad counseling clinic

Protocol summary

Study aim

Evaluation of the effectiveness of emotional couple therapy on emotional rupture, sexual function, marital boredom and fidelity of women with marital problems

Design

Parallel groups on 90 patients were not blinded

Settings and conduct

All women referring to counseling centers in Mashhad

Participants/Inclusion and exclusion criteria

The age range of women is between 60-18. See a psychologist for marital problems with your spouse. Informed signature of the written consent of the research participant. Major conditions for not entering the study before randomization: Single women. Married women without marital problems.

Intervention groups

This therapeutic intervention will be performed in 10 sessions of 90 minutes of training sessions. The control group fills in the questionnaire only at the beginning and end of the study to be compared with the intervention group.

Main outcome variables

marital problems

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20101130005280N47**

Registration date: **2022-03-02, 1400/12/11**

Registration timing: **prospective**

Last update: **2022-03-02, 1400/12/11**

Update count: **0**

Registration date

2022-03-02, 1400/12/11

Registrant information

Name

Raheleh Nejati

Name of organization / entity

Mashhad University of Medical Scinces, Ibn-e- Sina Psychiatric Hospital

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-03, 1400/12/12

Expected recruitment end date

2022-05-24, 1401/03/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Emotionally Focused Couple Therapy effect on emotional dissociation, sexual function, disenchantment with marriage and fidelity female's city of Mashad counseling clinic

Public title

The effectiveness of emotion-focused couple therapy on emotional breakdown

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

The age range of women is between 18-60 Has a history of referring to a psychologist Deliberate signing of a written consent to participate in the research

Exclusion criteria:

Single women Married women without marital problems

Age

From **18 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Not randomized

Randomization description**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 Ferdowsi University of Mashhad

Street address

Iran, Mashhad, Azadi Square, Ferdowsi University of Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

91177948974

Approval date

2022-01-30, 1400/11/10

Ethics committee reference number

IR.UM.REC.1400.357

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

The disease is not studied

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

marital problems

Timepoint

Before the intervention and after completing ten training sessions

Method of measurement

Questionnaires of demographic information, emotional rupture, sexual function, marital boredom and fidelity after data collection will be analyzed and evaluated using SPSS software.

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The subjects of the intervention group participate in treatment sessions conducted by a master of clinical psychology who is experienced in performing treatment (who has trained in therapy for 2 years) and under the direct supervision of an associate professor of clinical psychology. Receive the Greenberg and Goldman (2019) Emotion Therapy Protocol as a group in 10 sessions of 90 minutes per week.

Category

Diagnosis

2**Description**

Control group: The subjects of the control group are asked to participate only in the pre-test and post-test. And it is ensured that they are on the waiting list for treatment and will be treated after the treatment of the experimental group.

Category

Diagnosis

Recruitment centers**1****Recruitment center****Name of recruitment center**

Marital counseling centers in Mashhad

Full name of responsible person

Hossein Share

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Majid Ghayour

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Central Building of Mashhad University of Medical Sciences (Ghorshi), Daneshgah 16, Daneshgah street

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Hossein Share

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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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