Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
Iran (Islamic Republic of)

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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
۹۱۷۷۹۴۸۹۷۴

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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Iran, Mashhad

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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

Street address
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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Person responsible for updating data

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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