

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### Effects of Emotionally Focused Couple Therapy on Reducing Depression and Marital Conflicts in Employed Couples

#### Protocol summary

##### Study aim

The present study aimed to investigate the effectiveness of emotionally focused couple therapy (EFCT) on reducing depression and marital conflicts in employed couples in Ramhormoz (Iran).

##### Design

The couples were randomly divided into emotionally focused couple therapy and control groups (25 couples in the experimental group and 25 couples in the control group).

##### Settings and conduct

The study is an experimental study based on a pretest-posttest control group design. The research is conducted in Ramhormoz city.

##### Participants/inclusion and exclusion criteria

The study population includes all couples working in departments and organizations of Ramhormoz, Iran. Based on the inclusion criteria, 50 couples (100 people) are selected as the sample and randomly assigned to the experimental and control groups. Inclusion and non-inclusion criteria: Have at least a high school level, employed in Ramhormoz government offices, no mental illness, no simultaneous psychological or pharmaceutical treatment.

##### Intervention groups

Emotionally Focused Couple Therapy: The experimental group participates in ten 90-minute sessions of emotionally focused couple therapy. These sessions are held once a week based on the practice of emotionally focused couple therapy of Johnson. The control group does not receive the intervention program, and is placed on the waiting list. In order to comply with ethical considerations, at the end of the research, a treatment course is conducted for the control group.

##### Main outcome variables

Depression, Marital conflicts

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220622055246N1**

Registration date: **2022-07-17, 1401/04/26**

Registration timing: **retrospective**

Last update: **2022-07-17, 1401/04/26**

Update count: **0**

##### Registration date

2022-07-17, 1401/04/26

##### Registrant information

##### Name

Alireza Momeni

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 74 3331 3213

##### Email address

almomenii@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-06-25, 1401/04/04

##### Expected recruitment end date

2022-07-05, 1401/04/14

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of Emotionally Focused Couple Therapy on Reducing Depression and Marital Conflicts in Employed Couples

## Public title

Effects of Emotionally Focused Couple Therapy on Depression and Marital Conflicts

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Have at least a high school level, Employed in Ramhormoz government offices

### Exclusion criteria:

Having mental illnesses and drug use Participation in other psychotherapy sessions

## Age

From **25 years** old to **50 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **100**

## Randomization (investigator's opinion)

Randomized

## Randomization description

A simple random coin-throwing method is used for allocating participants to experimental and control groups.

## 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

Research Ethics Committees of Islamic Azad University- Yasooj Branch

##### Street address

Yasooj, km 4 of Sisakht Road, Islamic Azad University, Yasooj Branch

##### City

Yasooj

##### Province

Kohgiluyeh-va-Boyerahmad

##### Postal code

7591493686

## Approval date

2022-06-08, 1401/03/18

## Ethics committee reference number

IR.IAU.YASOOJ.REC.1401.008

## Health conditions studied

### 1

#### Description of health condition studied

Depression

#### ICD-10 code

#### ICD-10 code description

Marita

## Primary outcomes

### 1

#### Description

Depression

#### Timepoint

Before the intervention and two weeks after the end of the intervention

#### Method of measurement

Beck's Depression Inventory (BDI)

### 2

#### Description

Marital conflicts

#### Timepoint

Before the intervention and two weeks after the end of the intervention

#### Method of measurement

Marital Conflict Questionnaire (MCQ)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Emotionally focused couple therapy: The experimental group participates in ten 90-minute sessions of emotionally focused couple therapy. These sessions are held once a week based on the practice of emotionally focused couple therapy of Johnson.

#### Category

Rehabilitation

### 2

#### Description

Control group: The control group does not receive the intervention program, and is placed on the waiting list. In order to comply with ethical considerations, at the end of the research, a treatment course is conducted for the control group.

**Category**

N/A

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

Education of Ramhormoz city

**Full name of responsible person**

Alireza Momeni

**Street address**

Khuzestan province, Ramhormoz, Amirkabir street

**City**

Ramhormoz

**Province**

Khouzestan

**Postal code**

6496167618

**Phone**

+98 61 4353 2692

**Email**

khouz.pr@chmail.ir

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

Islamic Azad University

**Full name of responsible person**

Khosro Ramezani

**Street address**Yasooj, km 4 of Sisakht Road, Islamic Azad University,  
Yasooj Branch**City**

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**Postal code**

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**Email**

info@iauyasooj.ac.ir

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

Yes

**Title of funding source**

Islamic Azad University

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

Alireza Momeni

**Position**

Student

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Psychology

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

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## Person responsible for updating data

### Contact

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Islamic Azad University

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

Ethical considerations and privacy of participants

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

No - There is not a plan to make this available

**Clinical Study Report**

No - There is not a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available