

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 tfor 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

Kohgilouyeh-va-Boyrahmad

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

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khouz.pr@chmail.ir

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

Islamic Azad University

Full name of responsible person

Khosro Ramezani

Street addressYasooj, km 4 of Sisakht Road, Islamic Azad University,
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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

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

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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