

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effectiveness of emotion-oriented couple therapy on the quality of married life and the psychological and social adjustment of children in people referring to psychological clinics and comparing it with the control group.

Protocol summary

Study aim

Investigating the effectiveness of emotion-oriented couple therapy on the quality of the couple's marital relationship and the psychological and social adjustment of the children

Design

A Randomized controlled clinical trial, with a parallel group design of 40 participants. Randomization will be performed using lottery method.

Settings and conduct

Statistical population: a couple of Avash center, has entry and exit criteria, available sampling, two test and control groups, first pre-test, then intervention on the test group and finally post-test

Participants/Inclusion and exclusion criteria

Entry criteria: complaint of marital problems; having a child in the age range of 7 to 12 years, and having behavioral problems based on the interview and questionnaire Child behavior list (cbcl) (Achenbach, 1991) consent to participate in the research, Having at least a diploma; Non-entry criteria : receiving any type of couples therapy at the same time receiving any concurrent psychological treatment for your child's behavioral problems; Received emotion-oriented couple therapy intervention so far; the person's unwillingness to continue the treatment process People suffering from a psychiatric illness that the person has no insight into.

Intervention groups

Intervention groups: The research sample includes 40 of these people who meet the criteria for entering and exiting the study and are selected by available sampling method; These people are randomly placed in two experimental and control groups. People in the experimental group receive 8 sessions of emotion-oriented therapy couple intervention (weekly; each session lasts 90 minutes). The control group does not

receive any intervention.

Main outcome variables

marital relationship quality and children's psycho-social adjustment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220706055392N1**

Registration date: **2022-08-30, 1401/06/08**

Registration timing: **prospective**

Last update: **2022-08-30, 1401/06/08**

Update count: **0**

Registration date

2022-08-30, 1401/06/08

Registrant information

Name

Hale Nematollahi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-02, 1401/06/11

Expected recruitment end date

2022-09-07, 1401/06/16
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

Investigating the effectiveness of emotion-oriented couple therapy on the quality of married life and the psychological and social adjustment of children in people referring to psychological clinics and comparing it with the control group.

Public title

Applying emotion-oriented couple therapy on the quality of marital relationship and psychological and social adjustment of children

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Having a child in the age range of 7 to 12 years; having behavioral problems based on interviews questionnaires agreeing to participate in the research having at least a diploma education

Exclusion criteria:

The presence of active marital infidelity Receiving any type of couples therapy at the same time Receiving any type of concurrent psychological treatment for your child's behavioral problems Received emotion-oriented couple therapy intervention so far The person's unwillingness to continue the treatment process People suffering from a psychiatric illness that affects their vision, behavior, and tolerance to participate in treatment (if the disease is controlled, there was no obstacle to participating in the research)

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the participants will be selected by the available sampling method and put into experiment and control groups through drawing (in this method, each member is given a specific number; then all numbers are put together and will be drawn randomly for each group.)

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University of Semnan, Department of Medical Sciences

Street address

Islamic Azad University Street

City

Semnan

Province

Semnan

Postal code

3383170047

Approval date

2022-07-16, 1401/04/25

Ethics committee reference number

IR.IAU.SEMNAN.REC.1401.015

Health conditions studied

1

Description of health condition studied

Psychosocial incompatibility

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

primary outcome variable: quality of life score in(RDAS) questionnaire

Timepoint

Before the start of the intervention, and after ten weekly intervention sessions

Method of measurement

How to measure: using Busby et al.'s Marital Quality Scale (RDAS)

Secondary outcomes

1

Description

Secondary outcome variable: score in cbcl questionnaire

Timepoint

Before the start of the intervention, and after ten weekly intervention sessions

Method of measurement

How to measure: using the Achenbach Child Behavior Inventory-Parent Version (cbcl)

Intervention groups

1

Description

The first group (experimental group) will receive emotion-oriented couple therapy, which consists of eight ninety-minute sessions, one session per week. The first session: conducting a pre-test, getting to know and establishing a therapeutic relationship, getting to know the general rules of treatment, introducing an emotion-oriented approach, evaluating the goals and expectations of the spouses from the treatment, evaluating the nature of the problem and relationship, giving assignments (In each session, the summary of the previous session is reviewed and assignments are checked) The second session: identifying the negative interactive cycle and learning to reveal it, evaluating the attachment problem and obstacles, familiarizing the couple with the role of emotions in interactions and rebuilding interactions and increasing flexibility. The third session: Achieving basic emotions with negative interactions, creating a safe communication space for couples, focusing on the secondary emotions of the couple in their interactions to achieve basic emotions, discussing primary emotions and processing them and raising couples' awareness of primary emotions, presenting homework. The fourth session: reframing the problem by examining the cycle with underlying emotions and attachment needs, emphasizing the client's ability to express emotions and show attachment behaviors to the spouse. The fifth session: feeling close to the rejected emotional emotions that are denied in the individual, drawing the attention of the couple to the way they interact with each other, expressing attachment needs. The sixth session: making people aware of the underlying emotions, revealing the position of each spouse in the relationship, emphasizing the acceptance of the spouse's experiences and new solutions for interaction, giving assignments. Seventh session: facilitating the expression of desires and needs based on a new understanding of spouses and creating bonding events, creating a new attachment between spouses with a safe bond. Eighth session: Creating new interactive situations between couples and ending old patterns, clarifying interactive patterns, reminding attachment needs.

Category

Behavior

2

Description

The participants of the control group do not receive any intervention, they only receive and complete the package of questionnaires before and after the intervention for the experimental group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Avash Counseling Center

Full name of responsible person

Marjan Habib Elahi

Street address

Avash Consulting Center No. 10, 15 Khordad St., Pishva, Tehran Province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mohammad karim sohrabi

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University campus, Islamic Azad University

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Web page address

<https://semnan.iau.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

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

Hale nematolahi

Position

Masters student

Latest degree

Bachelor

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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

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

Information about the main outcome can be shared

When the data will become available and for how long

From the time of receiving the irct code, sampling will start, and 6 months after that, data access will be possible.

To whom data/document is available

People working in medical and academic institutions

Under which criteria data/document could be used

It is allowed for therapeutic and research use

From where data/document is obtainable

To receive the documents, they can refer to the library database of Islamic Azad University, Semnan branch.

What processes are involved for a request to access

data/document

After submitting an application to the president of Islamic Azad University, Semnan branch and obtaining

permission

Comments