

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The Effectiveness of Couple Attachment Training on Marital Conflict, Sexual Intimacy and Flexibility.

Protocol summary

Study aim

This study aims to investigate the effects of teaching attachment processes on marital conflicts, sexual intimacy and flexibility.

Design

In this study, 34 women were selected and randomly assigned to two control and intervention groups (17 people in each group).

Settings and conduct

The number of 34 women will be selected by the available method and they will be placed in two experimental and control groups (17 people in each group) randomly. Then both groups will complete the Collins and Reid (1990) attachment scale questionnaires, marital conflicts (MCQ), invalid sexual intimacy and colleagues (2019) and Martin and Rubin (1995) flexibility, and then the counseling program based on teaching the processes Attachment on the experimental group will be done in 8 sessions of 90 minutes. The control group will not be subjected to any intervention. Finally, the members of both groups will complete all four questionnaires mentioned above again as a post-test.

Participants/Inclusion and exclusion criteria

Being able to read and write and active participation in counseling sessions are the conditions for entering the intervention and taking psychiatric drugs and receiving psychotherapy interventions from six months before the study until the time of the intervention are the conditions for not entering the intervention.

Intervention groups

The people who will be in the intervention group will participate in counseling sessions on attachment processes for eight weeks and one session every week. People in the control group will not be given any training.

Main outcome variables

Couple Attachment, Marital Conflict, Sexual Intimacy and Flexibility.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170719035180N3**

Registration date: **2023-02-19, 1401/11/30**

Registration timing: **prospective**

Last update: **2023-02-19, 1401/11/30**

Update count: **0**

Registration date

2023-02-19, 1401/11/30

Registrant information

Name

Seyed Mosa Tabatabaee

Name of organization / entity

Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 23 3342 2765

Email address

s.mosatabatabaee@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-10, 1402/02/20

Expected recruitment end date

2023-06-13, 1402/03/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Couple Attachment Training on Marital Conflict, Sexual Intimacy and Flexibility.

Public title

The Effect of Teaching Attachment Processes on Couple's Problems.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Consent for Co-operation Being Able to Read and Write Active Participation in Counseling Sessions

Exclusion criteria:

Absence in More Than Two Counseling Sessions Taking Psychiatric Drugs and receiving psychotherapeutic interventions from six months before the study to the time of the intervention

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **34**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description

The intervention was blind and the subjects did not know that they were being tested.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Shahrood University of Technology

Street address

Shahrood University of Technology, University Boulevard, Haft Tir Square, Shahrood, Semnan, Iran.

City

Shahrood

Province

Semnan

Postal code

3619995161

Approval date

2022-12-25, 1401/10/04

Ethics committee reference number

IR.SHAHROODUT.REC.1401.026

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

Marital conflicts, lack of sexual intimacy, lack of cognitive flexibility

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

Marital Conflict

Timepoint

Before the intervention and eight weeks after the intervention

Method of measurement

MCQ Marital Conflicts Questionnaire

2**Description**

Sexual Intimacy

Timepoint

Before the intervention and eight weeks after the intervention

Method of measurement

Batlani sexual intimacy questionnaire

3**Description**

Flexibility

Timepoint

Before the intervention and eight weeks after the intervention

Method of measurement

Martin and Rubin flexibility questionnaire

Secondary outcomes

empty

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

Intervention group: Teaching attachment processes in eight weeks and one session every week

Category

Behavior

2

Description

Control group:daily activities

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mastane clinic

Full name of responsible person

Tahereh Harsij

Street address

No 234, Yaser Square, Serah Yaser, Niavaran, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

1783987411

Phone

+98 21 2228 0883

Email

b.shojaati@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Azad university

Street address

Azad University, University Boulevard, Shahrood, Iran.

City

Shahrood

Province

Semnan

Postal code

4318936199

Phone

+98 23 3239 4530

Email

info@iau-shahrood.ac.ir

Grant name

Grant code / Reference number

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

No

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

Nahid Nosrati

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No.17, Street 44, Afsarieh, Panzdah Metrie Sevom, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1783987411

Phone

+98 21 3314 6099

Email

nahidnosrati.594@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Seyed Mosa Tabatabaee

Position

Faculty member of cognitive sciences

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Semnan University, Psychology and Educational sciences Faculty

City

Semnan

Province

Semnan

Postal code

35147-99442

Phone

+98 23 3342 2765

Fax

Email

s.mosatabatabaee@semnan.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Nahid Nosrati

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No.17, Street 44,Afsarieh, Panzdah Metrie Sevom,
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Province

Tehran

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1783987411

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+98 21 3314 6099

Email

nahidnosrati.594@gmail.com

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