

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of non-violent communication training on emotion regulation, distress reduction and courage in women with marital conflict

Protocol summary

2023-08-21, 1402/05/30

Study aim

Determining the effectiveness of non-violent communication training on emotion regulation, distress reduction and courage in women with marital conflict

Design

A clinical trial with a control group, one-sided blind, non-random assignment to test and control groups based on a semi-experimental design, on 40 people.

Settings and conduct

The place of implementation is Mohiban Al-Reza Clinic, located in Mashhad, taking pre-test and post-test from the members of both groups, conducting a training workshop for the experimental group, and blinding the participants in the form of not knowing the variables and the expected results.

Participants/Inclusion and exclusion criteria

Entry requirements: married women with marital conflict. Age between 20 and 40. Conditions of non-entry: Men, women, single, divorced, and widows. Age less than 20 years and more than 40 years.

Intervention groups

Entry requirements: married women with marital conflict aged 20-40

Main outcome variables

Regulation of excitement, reduction of distress, courage

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131007014928N9**

Registration date: **2023-08-21, 1402/05/30**

Registration timing: **registered_while_recruiting**

Last update: **2023-08-21, 1402/05/30**

Update count: **0**

Registration date

Registrant information

Name

Mehdi Pourasghar

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3327 3024

Email address

m.pourasghar@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-13, 1402/05/22

Expected recruitment end date

2024-03-12, 1402/12/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of non-violent communication training on emotion regulation, distress reduction and courage in women with marital conflict

Public title

The effectiveness of non-violent communication training on emotion regulation, distress reduction and courage in women with marital conflict

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Women Married Marital Conflict Age 20 to 40
Exclusion criteria:
Men Single No marital conflict Age less than 20 and More than 40 years

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

0

Groups that have been masked

- Participant

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

All the participants in the experimental and control groups are unaware of the implementation process and the expected results of the training and how to assign them to the groups.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Sari Azad University

Street address

Faculty of Medical Sciences ,Farah Abad Road ,7 km ,Sari

City

Sari

Province

Mazandaran

Postal code

4743185774

Approval date

2023-04-17, 1402/01/28

Ethics committee reference number

IR.IAU.SARI.REC.1402.012

Health conditions studied

1

Description of health condition studied

Regulation of excitement

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Tolerance of distress

ICD-10 code

ICD-10 code description

3

Description of health condition studied

Courage

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Regulation of excitement

Timepoint

Before the intervention and one week later

Method of measurement

emotion regulation

2

Description

tolerance of distress

Timepoint

Before the intervention and one week later

Method of measurement

distress tolerance

3

Description

courage

Timepoint

Before the intervention and one week later

Method of measurement

Gambrill and Ritchie courage questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

1. Experimental group :at first,a pre-test is taken,then they undergo non-violent communication (NVC) training,and then a post-test is taken .2 .Control group :a pre-test is taken and they are not trained,and then at the same time A post-test is taken with the experimental group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mohaban Al-Reza Clinic,Mashhad

Full name of responsible person

saeideh Soltani

Street address

Mohiban AlReza Clinic,Hashminejad 8,Shahada Square,Mashhad

City

Mashhad

Province

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+98 51 3229 3408

Email

soltani.counselir@gmail.com

Web page address

<https://mohebanereza.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mehdi pourasghar

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Farahabad Blvd

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4816119318

Phone

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Fax

Email

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Web page address

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

Mehdi Pourasghar

Position

Associat proffessor of psychiatry

Latest degree

Subspecialist

Other areas of specialty/work

Psychiatrics

Street address

Zare Psychiatric and Burns Hospital-Sari

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Sari

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m.pourasghar@mazums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

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Person responsible for updating data

Contact

Name of organization / entity

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Fax

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is 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

Title and more details about the data/document

Information that can be expressed in the thesis

When the data will become available and for how long

After the thesis defense

To whom data/document is available

Researchers and the general public

Under which criteria data/document could be used

All people can use the results of this intervention if needed

From where data/document is obtainable

List of theses of Islamic Azad University

What processes are involved for a request to access data/document

Refer to the Islamic Azad University library section

Comments