

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparing the Effectiveness of treatment on Acceptance and Commitment (ACT) and Solution Focused therapy (SFT) on Internal coherence, Self-control, Communication patterns and Emotional expression in Women with Marital Conflict.

#### Protocol summary

##### Study aim

Comparison of the effect of acceptance and commitment-based therapy and solution-oriented therapy on internal coherence, self-control, communication patterns(constructive, avoidant) and emotional expression in women with marital conflict.

##### Design

This research is a semi-experimental study with two intervention groups and one control group, without blinding, randomized on 45 people. Randomization was done in a simple way

##### Settings and conduct

The environment of this research is the psychological counseling center of Rwanplus Mashhad and the community of this research is married women with marital conflict. First, among the women applying for treatment sessions and eligible to participate in the research, after the preliminary interview, 60 people were selected by available sampling method and the relevant questionnaires were given to them. Among the women participating in the research, 45 people who obtained a higher score in the relevant questionnaire were selected and randomly replaced in the three experimental groups 1 and 2 and the control group. There was no blinding in this study.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: married women who have a conflict with their spouse, do not have severe psychological disorders. Exclusion conditions: People who do not want to participate in the study.

##### Intervention groups

Intervention groups 1: group therapy sessions based on the treatment protocol based on acceptance and commitment (ACT) and intervention group 2: group therapy sessions based on the solution-oriented protocol will be implemented. Control group: receiving

questionnaires and completing them

##### Main outcome variables

Self-control, internal coherence, emotional expression, relational patterns

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230705058676N1**

Registration date: **2023-07-13, 1402/04/22**

Registration timing: **retrospective**

Last update: **2023-07-13, 1402/04/22**

Update count: **0**

##### Registration date

2023-07-13, 1402/04/22

##### Registrant information

##### Name

Maryam Moshtaghi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3880 5869

##### Email address

moshtaghi.m21@alumni.um.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-04-20, 1402/01/31

##### Expected recruitment end date

2023-06-22, 1402/04/01  
**Actual recruitment start date**  
2023-04-20, 1402/01/31  
**Actual recruitment end date**  
2023-06-22, 1402/04/01  
**Trial completion date**  
2023-06-22, 1402/04/01

#### Scientific title

Comparing the Effectiveness of treatment on Acceptance and Commitment (ACT) and Solution Focused therapy (SFT) on Internal coherence, Self-control, Communication patterns and Emotional expression in Women with Marital Conflict.

#### Public title

Comparison of two psychological treatments, act and solution-oriented, on internal coherence, self-control, communication patterns and emotional expression in women with marital conflict.

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Married women with marital conflict and differences with their spouses Not having acute mental and personality disorders Completing the consent form to participate in the meetings

##### Exclusion criteria:

Unwillingness to participate in the study

#### Age

From **25 years** old to **45 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **45**

Actual sample size reached: **45**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

The sample people were selected based on purposeful sampling and randomly replaced in three groups of 15 people, two experimental groups and one control group. Randomization was done using simple random method

#### Blinding (investigator's opinion)

Not blinded

#### Blinding description

##### Placebo

Not used

##### Assignment

Parallel

#### Other design features

The sample people were selected based on purposeful sampling and randomly replaced in three groups of 15 people, two experimental groups and one control group. Randomization was done using simple random method. A simple random sample means that everyone has an equal chance of being selected. The lottery method was

used to select a simple random sample.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee in Research, Faculty of Medicine, Islamic Azad University - Mashhad Medical Science

##### Street address

Iran, Khorasan Razavi, Mashhad, Qasim Abad (Gharb city), Emamieh Blvd., Ostad Yousefi intersection, university campus, east side, central organization of Islamic Azad University of Mashhad

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

9187147578

#### Approval date

2023-05-03, 1402/02/13

#### Ethics committee reference number

IR.IAU.MSHD.REC.1402.023

## Health conditions studied

### 1

#### Description of health condition studied

Self-control

#### ICD-10 code

#### ICD-10 code description

### 2

#### Description of health condition studied

Internal coherence

#### ICD-10 code

#### ICD-10 code description

### 3

#### Description of health condition studied

Emotional expression

#### ICD-10 code

#### ICD-10 code description

### 4

#### Description of health condition studied

Communication patterns

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Self-control

#### Timepoint

Tanji's self-control questionnaires will be completed first before the start of the intervention and then after 8 treatment sessions (8 weeks) and then one month later for follow-up.

#### Method of measurement

Tanji self-control questionnaire

### 2

#### Description

Internal coherence

#### Timepoint

Antonoski's internal coherence questionnaire will be completed first before the intervention and then after 8 treatment sessions (8 weeks) and then one month later for follow-up.

#### Method of measurement

Antonoski Internal Cohesion Questionnaire

### 3

#### Description

Emotional expression

#### Timepoint

King and Emmons emotional expressiveness questionnaire will be completed first before the intervention and then after 8 treatment sessions (8 weeks) and then one month later for follow-up.

#### Method of measurement

King and Emmons Emotional Expression Questionnaire

### 4

#### Description

Communication patterns

#### Timepoint

Christensen and Salawi's communication patterns questionnaire will be completed first before the intervention and then after 8 treatment sessions (8 weeks) and then one month later for follow-up.

#### Method of measurement

Questionnaire of communication patterns of Christensen and Salawi

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Intervention group: Intervention group 1: Before conducting the research, the researcher will explain the purpose of the research to obtain

informed consent regarding the safety and anonymity of the research units, and all of them will be told that they can withdraw from the research even during the study. Then, the sessions will be held in groups at Rovn Plus psychological counseling center for 90 minutes based on the treatment protocol based on acceptance and commitment (ACT). Eight treatment sessions will be done in a group. The content of the sessions will be implemented based on the therapeutic needs of individuals and the protocol of similar studies (Hayes, 2004; quoted by Khabazi, 2014). Then, after the intervention and then the follow-up, the questionnaires are completed.

#### Category

Behavior

### 2

#### Description

Intervention group: Intervention method: Intervention group: Intervention group 1: Before conducting the research, the researcher will explain the purpose of the research to obtain informed consent regarding the safety and anonymity of the research units, and all of them will be told that they can withdraw from the research even during the study. . Then, the group sessions will be held at Rovn Plus psychological counseling center for 90 minutes based on the solution-oriented therapy protocol of Deshezer. The solution-oriented therapy session will be done in a group of eight therapy sessions. The content of the sessions will be implemented based on the therapeutic needs of individuals and the protocol of similar studies (Ahmadi et al., 1400). Then, after the intervention and then the follow-up, the questionnaires are completed.

#### Category

Behavior

### 3

#### Description

Control group: Control group: Control group: The control group did not receive any intervention, and after a 12-week delay (after follow-up), all people in the control group received the intervention.

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Rwan Plus Specialized Counseling and Psychology Center

##### Full name of responsible person

Maryam Moshtaghi

##### Street address

46 Vakil Abad corner, Vakil Abad Blvd

##### City

Mashhad

**Province**

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**Postal code**

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**Email**

moshtaghi.m21@alumni.um.ac.ir

**Web page address****Position**

Professor of teaching

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**Faculty of Psychology and Educational Sciences,  
Ferdowsi University of Mashhad, Azadi Square,  
Mashhad**City**

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**Province**

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moshtaghi.m21@alumni.um.ac.ir

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

Islamic Azad University

**Full name of responsible person**

Rahim Dabiri

**Street address**Central Organization of the Islamic Azad University of  
Mashhad, Eastern Side, University Campus, Ustad  
Yousefi Intersection, Emamieh Blvd., Qasim Abad  
(Gharb Town), Mashhad**City**

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**Province**

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**Postal code**

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moshtaghi.m21@alumni.um.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**

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**

Maryam Moshtaghi

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

Islamic Azad University

**Full name of responsible person**

Maryam Moshtaghi

**Position**

Professor of teaching

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Person responsible for updating data****Contact****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

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## Sharing plan

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

Yes - There is 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

**Title and more details about the data/document**

Its release schedule is not yet known

**When the data will become available and for how long**

Its release schedule is not yet known

**To whom data/document is available**

Its release schedule is not yet known

**Under which criteria data/document could be used**

Its release schedule is not yet known

**From where data/document is obtainable**

Its release schedule is not yet known

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

Its release schedule is not yet known

**Comments**