

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

Razavi Khorasan

Postal code

9179696879

Phone

+98 51 3869 5326

Fax

+98 51 3869 5326

Email

moshtaghi.m21@alumni.um.ac.ir

Web page address**Position**

Professor of teaching

Latest degree

Master

Other areas of specialty/work

Psychology

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

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 5869

Email

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

Mashhad

Province

Razavi Khorasan

Postal code

9187147578

Phone

+98 51 3891 2073

Email

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

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

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 5869

Email

moshtaghi.m21@alumni.um.ac.ir

Person responsible for updating data**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

Street address

Faculty of Psychology and Educational Sciences,
Ferdowsi University of Mashhad, Azadi Square,
Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948974

Phone

+98 51 3880 5869

Email

moshtaghi.m21@alumni.um.ac.ir

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