Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of counseling based on Glasser's choice theory on reducing marital instability and marital dissatisfaction among married women.

Protocol summary

Study aim
Determining the effectiveness of counseling based on Glasser's choice theory on reducing marital instability and marital dissatisfaction in women

Design
A controlled clinical trial with parallel groups, single-blind, randomized, on 30 couples. The rand function of Excel software was used for randomization.

Settings and conduct
This study will be conducted in health-treatment centers in Ahvaz. After randomly selecting eligible individuals, questionnaires will be completed and the intervention group will receive counseling. In this study, therapists will not be aware of the allocation of individuals to groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Not suffering from other mental disorders such as psychosis; paranoid disorders; suicidal thoughts; not receiving any other treatment until the end of the treatment sessions; referring to one of the counseling centers in Ahvaz; giving informed consent to participate in the study. Exclusion criteria: Simultaneously receiving similar marital counseling, absence of marital problems, suffering from diagnosed severe psychiatric disorders

Intervention groups
The intervention group in this study will receive family planning counseling. This counseling will be provided to improve couples' relationships and increase awareness about contraceptive methods. The control group will not receive any counseling and only their demographic information will be collected.

Main outcome variables
Marital satisfaction, contraceptive use, pregnancy interval

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250703066359N1**
Registration date: **2025-08-25, 1404/06/03**
Registration timing: **prospective**

Last update: **2025-08-25, 1404/06/03**
Update count: **0**
Registration date
2025-08-25, 1404/06/03

Registrant information
Name
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Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-09-15, 1404/06/24
Expected recruitment end date
2026-03-05, 1404/12/14
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of counseling based on Glasser's choice theory on reducing marital instability and marital dissatisfaction among married women.

Public title
The effectiveness of counseling based on Glasser's choice theory on reducing marital instability and marital dissatisfaction among married women.

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Not suffering from other mental disorders such as psychosis, paranoid disorders, suicidal thoughts, etc. Not receiving any other treatment until the end of the treatment sessions Married woman Referring to one of the counseling centers in Ahvaz Informed consent to participate in the research

Exclusion criteria:
Receiving similar marital counseling at the same time Diagnosed with severe psychiatric disorders Absence of marital problems

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

Gender
Female

Phase
N/A

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, a block randomization method was used using statistical software. The randomization unit was the individual and participants were stratified based on age and duration of marriage. Randomization sequences were generated using SPSS software and allocation concealment was performed using sealed envelopes. Allocation details were kept hidden from participants and evaluators until the end of the intervention.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, single-sided blinding will be applied. The outcome assessor and data analyst will not be aware of the assigned group of each participant. Information about the intervention will be visible only to the intervention administrator. The blinding process will be maintained until the end of the data analysis.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
3733361349

Approval date
2025-08-02, 1404/05/11

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.288

Health conditions studied

1

Description of health condition studied
Marital instability and marital dissatisfaction in married women

ICD-10 code
Z63.0

ICD-10 code description
Problems in relationship with spouse or partner

Primary outcomes

1

Description
Marital satisfaction

Timepoint
At the beginning of the study (before the intervention began) and two months later (when the intervention ended)

Method of measurement
Enrich Marital Satisfaction Questionnaire

Secondary outcomes

1

Description
Marital satisfaction

Timepoint
At the beginning of the study (before the intervention began) and two months later (when the intervention ended)

Method of measurement

(Marital Instability Index (MLL))

Intervention groups

1

Description

Intervention group: The intervention group receives educational and counseling sessions designed to increase marital satisfaction. These sessions focus on improving couples' communication skills, resolving conflicts, and increasing intimacy. Information about birth control and family planning methods is also provided. The goal is to empower couples to make informed and responsible decisions about family planning and increase satisfaction with their lives together.

Category

N/A

2

Description

Control group: The control group is a group of couples who do not receive any intervention or special training and continue their normal lives. These individuals are considered as a control group to compare the effect of the interventions on the intervention group with normal conditions. The control group couples are similar to the intervention group couples in terms of demographic characteristics and other relevant factors.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Islamic Azad University, Ahvaz Unit

Full name of responsible person
Reza Sadeghi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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
Reza Sadeghi

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Family Counseling

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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
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable