Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effectiveness of Family Counseling Intervention Based on Rumi’s Masnavi Anecdotes on Improving Emotion Regulation and Marital Intimacy

Protocol summary

Study aim
The effectiveness of family counseling intervention based on Rumi's spiritual Masnavi stories on improving emotion regulation and marital intimacy

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 30 patients. The rand function of Excel software will be used for randomization.

Settings and conduct
The statistical population of the present study will include all married master's degree students of Islamic Azad University, Ahvaz Branch. In the sample selection stage, convenience sampling method will be used. After selecting the samples to a size of 30 people, based on the research entry and exit criteria, the participants will be randomly assigned to two groups: "Family counseling based on the stories of Rumi's spiritual Masnavi" (intervention group) and "waiting list" (control group).

Participants/Inclusion and exclusion criteria
Entry requirements: Being married, being a student at Azad University, having emotional disorders in marital relationships as diagnosed by a psychologist. Exclusion requirements: Not willing to participate in the research, participating in other psychotherapy sessions simultaneously with the research.

Intervention groups
Intervention group: All individuals who will receive family counseling intervention based on the stories of Rumi's spiritual Masnavi. Control group: All individuals who will not receive any intervention.

Main outcome variables
Emotion regulation; marital intimacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260611069753N1**
Registration date: **2026-06-15, 1405/03/25**
Registration timing: **prospective**

Last update: **2026-06-15, 1405/03/25**
Update count: **0**

Registration date
2026-06-15, 1405/03/25

Registrant information
Name
Zoleykha Jonadeleh
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 61 3333 3333
Email address
zjnadhle79@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-07-06, 1405/04/15

Expected recruitment end date
2026-07-22, 1405/04/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effectiveness of Family Counseling Intervention Based on Rumi’s Masnavi Anecdotes on Improving Emotion Regulation and Marital Intimacy

Public title
The Effect of Family Counseling Based on Rumi’s

Teachings on Marital Relationships and Emotional Adjustment

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being married Being a student at Azad University Having emotional disorders in marital relationships as diagnosed by a psychologist Having an age range between 25 years and 35 years

Exclusion criteria:

Unwillingness to participate in research Participating in other psychotherapy sessions simultaneously with the research

Age

From **25 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

The statistical population of the present study will include all married master's degree students at Islamic Azad University. In the sample selection stage, convenience sampling method will be used. After selecting a sample size of 30 people, based on the research entry and exit criteria, participants will be randomly assigned to two groups: "narrative-based family counseling intervention" (intervention group) and "waiting list" (control group). Randomization will be performed using the random block method with variable sizes (4 and 6 people) by an independent statistician who is not involved in the implementation process. The random allocation list will be generated using the RAND function in Excel software and then placed in opaque, sealed, and numbered envelopes so that the researcher and participants are not aware of the allocation sequence (allocation concealment). The envelope will be opened and the allocation group will be informed only when each participant enters the study. To ensure the equality of basic variables (such as age and length of marriage), their distribution in the two groups will be examined during the statistical analysis stage.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University of Ahvaz

Street address

Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

6134937333

Approval date

2026-06-02, 1405/03/12

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.195

Health conditions studied

1

Description of health condition studied

Regulating emotion and marital intimacy

ICD-10 code

Z63.0

ICD-10 code description

Problems in relationship with spouse or partner

Primary outcomes

1

Description

Emotion Regulation

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The measurement method will be using the Gross and John (2003) Emotional Regulation Questionnaire.

2

Description

Marital Intimacy

Timepoint

1. Pre-test (before the start of the intervention) 2. Post-test (immediately after the end of the intervention period) 3. One-month follow-up after the intervention

Method of measurement

The method of measurement will be the Thompson and Walker (1983) Marital Intimacy Questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: Family counseling intervention based on the stories of Rumi's Masnavi; Duration of each session: 90 minutes. Total number of sessions: 8 sessions. Sequence of sessions: Twice a week. Implementation method: family-centered, with guided conversation, story analysis, emotional reflection, and practical exercises; Therapeutic tools used; This intervention relies on utilizing the educational, moral, and meaning-making capacity of Rumi's Masnavi stories along with family therapy techniques. The main intervention tools include the following: story therapy and narrative therapy, guided therapeutic conversation, cognitive restructuring based on the teachings of the stories, reflective and introspective exercises, problem-solving exercises, and improving family interaction; Session content: First session: Pre-test, introduction to the plan and familiarization with the concept of family, effective communication and the role of Masnavi anecdotes. Second session: Analysis of anecdotes related to misunderstanding and hasty judgments and their relationship with family conflicts. Third session: Teaching patience, controlling emotions and avoiding impulsive reactions using an appropriate anecdote. Fourth session: Focusing on empathy, active listening and understanding the feelings of family members. Fifth session: Examining forgiveness, forbearance and releasing old resentments. Sixth session: Emphasis on self-knowledge and accepting one's contribution to family conflicts. Seventh session: Teaching tolerance, accepting differences and solving common problems in the family. Eighth session: Conclusion, reviewing teachings, post-test and determining follow-up time.

Category

Treatment - Other

2

Description

Control group:Control group: The control group will not receive any intervention during the research, but will receive the treatment intervention after data collection to prevent factors that threaten the internal validity of the research, such as compensatory competition from the control group or demoralization.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Ahvaz Islamic Azad University

Full name of responsible person
Zoleykha Jonadeleh

Street address
Opposite Keshavarz Street, Farhang Shahr, Golestan Highway

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Aslan Egdarnezhad

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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
Private

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
Zoleykha Jonadeleh

Position

Master's student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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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

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable