Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of rational emotive behavior therapy (REBT) and a mindfulness-based systemic approach on marital conflicts and the desire for divorce in couples seeking divorce referring to counseling centers in Shushtar city

Protocol summary

Study aim
The effectiveness of rational emotive behavior therapy and a mindfulness-based systemic approach on marital conflicts and the tendency to divorce.

Design
The sample size was 40 people using purposive and accessible sampling. Two groups and each group was divided into two control and experimental sections of 10 people.

Settings and conduct
Using the Binai Marital Conflict Questionnaire/Roslett, Johnson Divorce Tendency Questionnaire/and Rational Emotive Behavior Therapy training sessions/Mindfulness training sessions

Participants/Inclusion and exclusion criteria
Couples seeking divorce

Intervention groups
Rational Emotive Behavior Therapy (REBT)

Main outcome variables
This research was applied to provide scientific results to help solve practical problems of couples seeking divorce and to provide solutions for counseling centers. The method is quasi-experimental and causally comparative. The reason for its being quasi-experimental is the impossibility of randomly assigning couples to treatment groups.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260627069962N1**
Registration date: **2026-07-06, 1405/04/15**
Registration timing: **registered_while_recruiting**
Last update: **2026-07-06, 1405/04/15**
Update count: **0**

Registration date
2026-07-06, 1405/04/15

Registrant information
Name
Jalal Karami
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 916 303 6547
Email address
karamij47@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-04-21, 1405/02/01

Expected recruitment end date
2026-07-23, 1405/05/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of rational emotive behavior therapy (REBT) and a mindfulness-based systemic approach on marital conflicts and the desire for divorce in couples seeking divorce referring to counseling centers in Shushtar city

Public title

Comparing the effectiveness of rational emotive behavior therapy (REBT) and a mindfulness-based systemic approach on marital conflicts

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Be married. Apply for divorce.

Exclusion criteria:

Being single

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description

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

The Islamic Azad University, Ahvaz Branch

Street address

Ahvaz Golestan-Farhangshahr Highway

City

ahvaz

Province

Khouzestan

Postal code

صندوق پ 61349 -37333

Approval date

2026-06-13, 1405/03/23

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.242

Health conditions studied

1

Description of health condition studied

Couples seeking divorce

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

tendency to divorce

Timepoint

High marital conflict scale score and tendency to divorce

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Reducing marital conflicts and the tendency to divorce

Timepoint

Pre-test-post-test

Method of measurement

1-Sanaei Marital Conflict Questionnaire (1996)2- Rosellt, Johnson, and Morrow Divorce Propensity Questionnaire (1986)

Intervention groups

1

Description

Intervention group: All couples seeking divorce (including couples about to divorce by mutual consent or couples where one party has filed for divorce) who refer to counseling centers in Shushtar city

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

counseling centers in Shushtar city

Full name of responsible person

Jalal Karami

Street address

West Shariati Street – Not far from the Red Crescent – Top floor of Sepah Bank

City

shushtar

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+98 61 3332 9200

Email
Info@iauahvaz.ac.ir

Web page address
https://fa.irct.ir/user/trial/91280/update/recruitment_center

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shams Sobhani Joo

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Ahvaz Golestan-Farhangshahr Highway

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Web page address
https://fa.irct.ir/user/trial/91280/update/sponsor

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Islamic Azad University, Ahvaz Branch

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
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
jalal karami

Position
Consultant

Latest degree
Bachelor

Other areas of specialty/work
Psychology

Street address
No. 14, Shahid Aqarabparast Street, Bahar 2, Kargar Square

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https://fa.irct.ir/user/trial/91280/update/public_queries_contact

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
shams sobhani joo

Position
Consultant

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Jalal Karami

Position
Student

Latest degree
Master

Other areas of specialty/work
Psychology

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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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Some data, such as information related to the main outcome or the like, can be shared.

When the data will become available and for how long

Access period starts 6 months after results are published.

To whom data/document is available

People who are also engaged in the industry can apply to receive them.

Under which criteria data/document could be used

For reputable scientific research

From where data/document is obtainable

09163036547

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

2 month

Comments