Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of couple therapy based on the Emotional Integration System (EIS) model on marital infidelity tendency, parenting stress, and emotional flexibility in women with experience of spousal abuse

Protocol summary

Study aim
To determine the effectiveness of Couple therapy based on the emotional integration system model on marital infidelity tendency, parenting stress, and emotional flexibility in women with a history of intimate partner violence

Design
A randomized controlled clinical trial with parallel groups and no blinding will be conducted on 30 married women

Settings and conduct
This study will be conducted in Ahvaz County among married women with a history of intimate partner violence who meet the inclusion criteria. Thirty participants will be selected and randomly allocated, using a random number table, to two groups of 15 participants each, namely an experimental group and a control group. Given the nature of the intervention, blinding will not be implemented in this study. The experimental group will receive couple therapy based on the EIS model, while the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria
Inclusion criteria: being married, obtaining a score of 39 or higher (cutoff) on the Intimate Partner Violence Against Women Questionnaire by Balali and colleagues (2007). Exclusion criteria: Having severe psychiatric disorders, and simultaneous participation in other similar educational or therapeutic programs.

Intervention groups
The intervention group: couple therapy based on the emotional integration system model; in the present study, they will receive the intervention based on Johnson's (2004) approach in eight 90-minute sessions, once a week. Control group will receive no intervention.

Main outcome variables
emotional flexibility

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200722048168N15**
Registration date: **2026-08-22, 1405/05/31**
Registration timing: **prospective**

Last update: **2026-08-22, 1405/05/31**
Update count: **0**

Registration date
2026-08-22, 1405/05/31

Registrant information

Name
Amir Amiri

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
2026-08-24, 1405/06/02

Expected recruitment end date
2026-09-05, 1405/06/14

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of couple therapy based on the Emotional Integration System (EIS) model on marital infidelity tendency, parenting stress, and emotional flexibility in women with experience of spousal abuse

Public title
Effect of emotional integration system-based couple therapy in women with experience of spousal abuse

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Being married Obtaining a score of 39 or higher (cutoff) on the Intimate Partner Violence Against Women Questionnaire by Balali and colleagues (2007).

Exclusion criteria:
Having severe psychiatric disorders based on medical records or self-report. Simultaneous participation in other similar educational or therapeutic programs.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
First, a list of all eligible participants who met the inclusion and exclusion criteria for participation in the study will be prepared. The sample size will be selected, and the participants will be randomly allocated to two groups of 15 participants each: an intervention group and a control group. Each participant will then be assigned an identification code according to the order of enrollment. The identification codes will be assigned sequentially, starting from 001. After the participant list is finalized, an independent researcher who will not be involved in participant recruitment, intervention delivery, or outcome assessment will be responsible for conducting the randomization. For this purpose, a random number table will be used to determine the random sequence of the participants' identification codes. Specifically, numbers will be selected sequentially from a predetermined point in the random number table, and the numbers corresponding to the participants' identification codes will be extracted. Repeated numbers or numbers outside the range of the participants' identification codes will be discarded, and this process will continue until all participant codes are arranged in a random, non-repeated sequence. According to the 1:1 allocation ratio, among the 30 participants, the first 15 codes in the randomized sequence will be assigned to the intervention group, and the remaining 15 codes will be assigned to the control group. For example, if the randomized sequence is 018, 004, 027, 011, and so forth, the codes appearing in the first half of the sequence will be assigned to the intervention group, while those appearing in the second half will be assigned to the control group. Therefore, each participant's assignment to the intervention or control group will be determined according to the randomized position of their identification code in the allocation sequence, rather than on the basis of individual characteristics, order of enrollment, researcher judgment, or participant preference. After the allocation sequence is finalized, the group assignment for each participant will be placed in an opaque, sealed, sequentially numbered envelope, and the envelopes will be arranged according to the participants' identification codes. Each participant's envelope will be opened only after completion of the baseline assessment and final confirmation of enrollment in the study, at which point the assigned group will be revealed. Thus, the person responsible for the baseline assessment will remain unaware of the participant's group assignment until completion of the enrollment process. This procedure will be implemented to maintain allocation concealment, prevent prediction of subsequent group assignments, and minimize the potential for selection bias.

Blinding (investigator's opinion)
Not blinded

Blinding description

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 of Ahvaz Branch

Street address
Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

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Ahvaz

Province
Khouzestan

Postal code
۶۱۳۴۹-۳۷۳۳۳

Approval date
2026-05-23, 1405/03/02

Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.167

Health conditions studied

1

Description of health condition studied
Emotional Flexibility
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The emotional flexibility score on the Emotional Flexibility Questionnaire by Rashid and Bayat (2019).
Timepoint
Before and after implementing the couple therapy based on the EIS model
Method of measurement
The 24-item emotional flexibility questionnaire by rashid and bayat (2019)

Secondary outcomes

1

Description
The marital infidelity tendency score on the questionnaire by bashirpour and colleagues (2018)
Timepoint
Before and after implementing the couple therapy based on the EIS model
Method of measurement
The 45-item questionnaire by bashirpour and colleagues (2018)

2

Description
The parenting stress score on 36-item short form of the Parenting Stress Index developed by Abidin (1995).
Timepoint
Before and after implementing the couple therapy based on the EIS model
Method of measurement
The 36-item short form of the Parenting Stress Index developed by Abidin (1995).

Intervention groups

1

Description
Intervention group: Participants will receive eight weekly 90-minute group sessions of couple therapy based on the Emotional Integration System model. The content of the sessions is as follows: Session 1, introduction to the treatment goals, group orientation, and explanation of the rules and structure of the sessions; Session 2, education about emotions, identification of maladaptive emotions, and examination of their relationship with marital conflicts; Session 3, identification of dysfunctional interaction patterns and development of emotional awareness; Session 4, training in emotion regulation, emotional acceptance, and reduction of impulsive reactions; Session 5, training in empathy, emotional validation, and improvement of couple communication; Session 6, training in conflict resolution skills, restructuring of interaction patterns, and strengthening cooperation between partners; Session 7, training in coping strategies, enhancement of emotional flexibility, and prevention of the recurrence of dysfunctional patterns; and Session 8, review of the treatment content, summary, development of a plan for continuing the exercises, and final evaluation.
Category
Rehabilitation

2

Description
Control group: Participants in this group will not receive any psychological intervention related to the study during the research period and will only be assessed at the pretest and posttest stages.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Amin Counseling Center, Islamic Azad University, Ahvaz Branch
Full name of responsible person
Farzaneh Amiri
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Sponsors / Funding sources

1

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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
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Farzaneh Amiri
Position
Master's student
Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Compliance with ethical research standards and ensuring participant data confidentiality.
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

No - There is not a plan to make this available

Title and more details about the data/document

As a Master’s thesis

When the data will become available and for how long

From 2026/09/23 onwards

To whom data/document is available

Other contributors

Under which criteria data/document could be used

To advance scientific knowledge and address existing research gaps

From where data/document is obtainable

Thesis Office, Islamic Azad University, Ahvaz Branch

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

Referring to the Vice Presidency for Research of Islamic Azad University, Ahvaz Branch to obtain the relevant permit, followed by referring to the Thesis Office

Comments

Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.