Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of positive psychotherapy on marital satisfaction, cognitive emotion regulation, and marital burnout in women affected by marital infidelity.

Protocol summary

Study aim

Determining the effectiveness of positive psychotherapy on marital satisfaction, cognitive emotion regulation, and marital burnout in women affected by marital infidelity

Design

A randomized, double-blind, parallel-group, controlled clinical trial on 30 women affected by marital infidelity. The rand function of Excel software will be used for randomization.

Settings and conduct

This study will use a field experimental research method with a pre-test, post-test, and follow-up design with a control group. The research will be conducted at the Pewand Counseling Center in Masjed-e-Suleiman on women affected by marital infidelity. All participants, clinical caregivers, outcome assessors, and statistical analysts who are responsible for measuring and interpreting the data will be double-blinded to the allocation process; all information will be kept strictly confidential, and to maintain confidentiality, all participants will be assigned abbreviations and identification codes.

Participants/Inclusion and exclusion criteria

Inclusion criteria Be between 20 and 50 years of age Have at least a high school diploma Have at least three years of shared marital life At least six months have passed since the disclosure of their spouse’s infidelity Exclusion criteria Having a physical illness that interferes with the treatment process Use of psychiatric medications

Intervention groups

Intervention group: Positive psychotherapy based on the positive psychotherapy protocol of Mirdrikund et al. (2019) is implemented in a group setting in 13 90-minute sessions, one session per week. Control group: Do not receive any intervention.

Main outcome variables

Marital satisfaction; cognitive emotion regulation; marital burnout.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260903070901N1**
Registration date: **2026-09-07, 1405/06/16**
Registration timing: **prospective**

Last update: **2026-09-07, 1405/06/16**
Update count: **0**

Registration date

2026-09-07, 1405/06/16

Registrant information

Name

Fariba Davoudi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-10-01, 1405/07/09

Expected recruitment end date

2026-10-11, 1405/07/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of positive psychotherapy on marital satisfaction, cognitive emotion regulation, and marital burnout in women affected by marital infidelity.

Public title

The effectiveness of positive psychotherapy

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Be between 20 and 50 years of age Have at least a high school diploma Have at least three years of shared marital life At least six months have passed since the disclosure of their spouse’s infidelity

Exclusion criteria:

Having a physical illness that interferes with the treatment process Use of psychiatric medications

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, a simple randomization method is used to assign participants to two experimental groups (positive psychotherapy) and control. The randomization unit in this study is women affected by marital infidelity who are referred and eligible for the study. First, a complete list of volunteers who are selected based on the study's inclusion criteria (including the age range of 20 to 50 years, minimum diploma education, at least 3 years of cohabitation history, and more than 6 months have passed since the disclosure of the spouse's infidelity) and the absence of exclusion criteria (such as physical illnesses that interfere with the treatment process and the use of psychiatric medications) is prepared. Then, a unique numerical identification code is assigned to each participant. These codes are entered into the Random Number Generator software and a random number is generated for each individual. After generating these numbers, the participants are sorted in ascending order based on the value of the random number. Then, the individuals are assigned to two groups; The first 15 people on the list are assigned sequentially to the experimental group (recipients of the positive psychotherapy intervention) and the next 15 people to the control group (on the waiting list). With this method, the order of entry into the study and the researcher's knowledge of the participants will not play any role in determining the group. To conceal the allocation, the person responsible for entering the data and carrying out the randomization process in the software will be independent of the intervention administrators and the evaluators of the research variables (including marital satisfaction, cognitive emotion regulation, and marital burnout) and will not have the possibility of knowing the process of implementing the sessions or changing the allocation of the individuals. Also, the identification codes of the participants are kept confidential and separate from their other personal information. Therefore, it will not be possible to predict the assigned group for each participant before the randomization process.

Blinding (investigator's opinion)

Double blinded

Blinding description

In order to control bias and improve the internal validity of the research, this study was designed with a double-blind protocol; in this way, the outcome assessor and data analyst will be kept unaware of the allocation of women affected by marital infidelity to the experimental (positive psychotherapy) and control groups. In this process, the outcome assessor will collect and measure the dependent variables (marital satisfaction, cognitive emotion regulation, and marital burnout) at all stages of the pretest, posttest, and follow-up, without knowing the assigned group of the participants, in order to prevent bias in the measurement; also, all raw data will be provided to the statistical analyst with anonymous codes (such as groups 1 and 2), and the true nature of the groups (positive intervention group versus control group) will not be revealed until the end of the data analysis process. All allocation steps are performed by an individual independent of the research team, and allocation codes are decoded only after the final completion of statistical analyses.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Behbahan Islamic Azad University Ethics Committee

Street address

Shahid Bayani St., Amir Kabir Blvd.

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Province

Khouzestan

Postal code

6361713198

Approval date

2026-08-24, 1405/06/02

Ethics committee reference number

IR.IAU.BEHBAHAN.REC.1405.235

Health conditions studied

1

Description of health condition studied

Damage from marital infidelity

ICD-10 code

Z63.0

ICD-10 code description

Problems in relationship with spouse or partner

Primary outcomes

1

Description

Marital satisfaction

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Enrich Marital Satisfaction Questionnaire (1989)

2

Description

Cognitive regulation of emotion

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Granofsky et al.'s Cognitive Emotion Regulation Questionnaire (2001)

3

Description

Marital boredom

Timepoint

before performing the intervention and two weeks after completion of the intervention

Method of measurement

Pines Marital Disgust Scale (1998)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Positive Psychotherapy (PPT) sessions will be based on the treatment protocol designed by Mirdrikvand et al. (2019). The sessions of this intervention will be conducted in 13 90-minute sessions (one session per week) in a group setting for the experimental group. Positive psychotherapy is an approach that aims to identify and strengthen the secretary's capabilities, cultivate positive emotions, and reconstruct the meaning of lived experiences, helping women affected by marital infidelity to improve their sense of self-worth, resilience, and psychological well-being by utilizing internal resources, instead of focusing solely on the damage and ruminations caused by the breach of contract. This approach has main educational and therapeutic axes that lead to improving cognitive emotion regulation, increasing marital satisfaction, and reducing marital burnout; these axes include: establishing familiarity, explaining the therapeutic logic, and examining the role of the lack of positive resources and emotions in the continuation of individual and interpersonal problems; Assessing and measuring the clients' secretarial capabilities through a questionnaire and discussing how to use strengths; cultivating special capabilities and shaping objective and achievable behaviors; reviewing good memories versus bad memories and discharging bitter emotions along with recognizing their effects on mental health; teaching and applying forgiveness techniques as a powerful tool for transforming negative emotions into neutral or positive emotions; explaining and reinforcing the concept of gratitude and highlighting positive memories of life; teaching the skill of contentment versus maximization to strengthen commitment and realism in relationships; strengthening the components of hope and optimism in the face of interpersonal failures and rejections and providing coping strategies; redefining love, secure attachment, and active-constructive response styles; drawing and examining the family tree of family capabilities; teaching the sense of taste and tasting pleasures to intentionally become aware of pleasant experiences and protect them from harm; Utilizing the gift of time in service to others and promoting a sense of meaning; and finally integrating the components of pleasure, commitment, and meaning in the form of a "full life" model, summarizing achievements, and consolidating the durability of the intervention's effects. The main emphasis of this treatment is to replace positive emotional experiences, strengthen psychological resilience, rebuild positive emotions, and develop personality capabilities in the face of trauma and the crisis of marital infidelity.

Category

Behavior

2

Description

Control group: They do not receive any intervention or treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Center for Christian Psychology

Full name of responsible person
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4th Floor, Setayesh Building, Beginning of Hosseinieh Azam Alley, Imam Khomeini St.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Behrang Mohammad Salehi

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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
Fariba Davoudi

Position
Master's student

Latest degree
Bachelor

Other areas of specialty/work
Psychology

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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
Participant data is completely confidential and I do not intend to publish it.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
No - There is not 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
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available