Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effectiveness of Dialectical Behavior Therapy (DBT) on Frustration Tolerance and Psychological Relaxation in Women Affected by Marital Infidelity in Bandar Ganaveh

Protocol summary

Study aim
To investigate the effectiveness of Dialectical Behavior Therapy (DBT) on frustration tolerance and psychological relaxation in women affected by marital infidelity in Bandar Ganaveh

Design
Quasi-experimental study with pretest-posttest design and control group

Settings and conduct
The study will be conducted in Bandar Ganaveh. Participants will be assigned to an experimental group (n=15) and a control group (n=15). The experimental group will receive 8 sessions of Dialectical Behavior Therapy (60 minutes each

Participants/Inclusion and exclusion criteria
Women aged 20 to 50 years with at least 3 years of marriage, self-reported experience of marital infidelity, residing in Bandar Ganaveh, and scoring above average on frustration tolerance and anxiety questionnaires. Exclusion criteria include no direct experience of infidelity, absence from more than one session, and unwillingness to continue participation

Intervention groups
Experimental group: Receiving Dialectical Behavior Therapy in 8 weekly 60-minute sessions. Control group: No intervention.

Main outcome variables
Frustration tolerance and psychological relaxation

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260919071104N1**
Registration date: **2026-09-20, 1405/06/29**
Registration timing: **registered_while_recruiting**
Last update: **2026-09-20, 1405/06/29**
Update count: **0**

Registration date
2026-09-20, 1405/06/29

Registrant information

Name
Zahra Liravi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 77 3324 4042
Email address
liravi79.zahra@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-09-20, 1405/06/29

Expected recruitment end date
2026-10-07, 1405/07/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effectiveness of Dialectical Behavior Therapy (DBT) on Frustration Tolerance and Psychological Relaxation in Women Affected by Marital Infidelity in Bandar Ganaveh

Public title
The Effectiveness of Dialectical Behavior Therapy (DBT) on Frustration Tolerance and Psychological Relaxation in Women Affected by Marital Infidelity in Bandar Ganaveh

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age between 20 and 50 years, at least 3 years of marriage, self-reported experience of marital infidelity, scoring above the average on initial questionnaires related to frustration tolerance and anxiety, residence in Bandar Ganaveh, informed consent to participate in the study.
Exclusion criteria:
No direct experience of marital infidelity, absence from more than one training session, unwillingness to continue participation in the study
Age
From **20 years** old to **50 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Quasi-experimental study with pretest-posttest design and control group. Participants are assigned to an experimental group (receiving Dialectical Behavior Therapy in 8 sessions) and a control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Bushehr University of Medical Sciences
Street address
Moallem Street, opposite the Friday Prayer site, Bushehr University of Medical Sciences
City
bushehr
Province
Boushehr
Postal code
7514633341
Approval date
2026-09-19, 1405/06/28
Ethics committee reference number
IR.BPUMS.REC.1405.183

Health conditions studied

1

Description of health condition studied
Problems in relationship with spouse or partner
ICD-10 code
Z63.0
ICD-10 code description
مشکلات در رابطه با همسر یا شریک زندگی

Primary outcomes

1

Description
Frustration tolerance and psychological relaxation
Timepoint
Pre-test and post-test
Method of measurement
Harrington Frustration Tolerance Questionnaire and Glasgow Psychological Relaxation Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Dialectical Behavior Therapy (DBT) in 8 weekly 60-minute sessions based on Linehan’s protocol
Category
Behavior

2

Description
Control group: no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
bandar genaveh
Full name of responsible person
sara davodi
Street address
genaveh
City
genaveh
Province

Boushehr
Postal code
7531864465
Phone
+98 77 3312 5500
Email
liravi79.zahra@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
abdolrahim pazira
Street address
azad buhsher
City
buhsher
Province
Boushehr
Postal code
7515895496
Phone
+98 77 3335 0172
Email
info@buhshehr.iau.ir
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
zahra liravi
Position
teacher
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
pirozi4
City
genaveh
Province
Boushehr
Postal code
7531913199
Phone
+98 77 3324 4042
Email
liravi79.zahra@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
naser amini
Position
ostad
Latest degree
Medical doctor
Other areas of specialty/work
Psychology
Street address
buhsher
City
buhsher
Province
Boushehr
Postal code
7665763490
Phone
+98 77 3353 8167
Email
amini.n@iau.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
zahra liravi
Position
teacher
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
pirozi4
City
genaveh
Province
Boushehr
Postal code
7531913199
Phone
+98 77 3324 4042

Email
liravi79.zahra@gmail.com

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
Standardized questionnaires (Frustration Tolerance and Psychological Relaxation scales) and data collected from 8 sessions of Dialectical Behavior Therapy (DBT) intervention.
When the data will become available and for how long
Data will be available after the successful defense of the thesis and publication of related articles, ensuring full adherence to ethical principles and anonymity of participants.
To whom data/document is available
The primary researcher, the supervisor, and official thesis examiners. (Upon request by other researchers, access may be granted following ethical committee approval and in a completely anonymized format).
Under which criteria data/document could be used
Solely for scientific research purposes, methodological review, and advancing knowledge in clinical psychology and evidence-based therapies, ensuring that the identity of participants is never disclosed.
From where data/document is obtainable
Applicants must submit a formal written request including the research purpose, approved proposal, and ethical committee approval to the primary researcher (Zahra Liravi) or the supervisor (Dr. Nasser Amini). Requests will be reviewed via official email and processed upon approval.
What processes are involved for a request to access data/document
Upon receiving the written request, the researcher's purpose will be reviewed. Following an assessment of compliance with ethical protocols, if approved, the data will be de-identified (anonymized) to ensure confidentiality and then sent to the applicant in electronic format.
Comments
: All provided data will be completely de-identified, containing no names, contact information, or any personal identifiers, to guarantee strict adherence to ethical standards and participant privacy.