Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Protocol summary

Summary

Introduction: This study aimed at assessing the efficacy of cognitive - behavioral group training on attachment, dysfunctional attitudes and marital adjustment of married couples. Methods: The subject were16 married individuals with insecure attachment style and low marital adjustment. They were selected via convenience sampling and randomly divided into experimental and control groups. Inclusion of subjects having age between 17 to 40 years, Lack of Brain Injury, mental retardation, psychotic symptoms and addiction, exclusion criteria; Signs of suicide, seizures, Incompatibility and clashes with members of the group; Relationships Turbulent Marriage and two sessions of absence from meetings. Both groups were assessed by adult attachment styles of Collinsand Reid (RAAS), Lockeand Wallace Marital Adjustment Scale (LWMAS) and Dysfunctional Attitudes Scale (DAS).The experimental group participated in eight sessions of group cognitive behavioral therapy and simultaneously control group in eight sessions of life skills. The control group participated in eight sessions of life skills.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012111411453N1**
Registration date: **2013-04-29, 1392/02/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-04-29, 1392/02/09

Registrant information

Name

Naghi Ostadi

Name of organization / entity

Islamic Azad University Torbat Jam

Country

Iran (Islamic Republic of)

Phone

+98 51 1665 8774

Email address

navidostadi@gmail.com

Recruitment status

Recruitment complete

Funding source

Azad University of Torbat jam

Expected recruitment start date

2012-05-12, 1391/02/23

Expected recruitment end date

2012-07-26, 1391/05/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Public title

The effectiveness of cognitive- behavioral group training on attachment and dysfunctional attitudes and marital adjustment of married couples

Purpose

Other

Inclusion/Exclusion criteria

Inclusion of subjects having age between 17 to 40 years, Lack of Brain Injury, mental retardation, psychotic symptoms and addiction,Conditions Out of Group Signs of suicide, seizures, Incompatibility and clashes with

members of the group; Relationships Turbulent Marriage and two sessions of absence from meetings.

Age
From **17 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **16**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Islamic Azad University Torbat jam

Street address
Torbat road 10 km from Mashhad

City
torbat jam

Postal code
9/95719

Approval date
2012-02-08, 1390/11/19

Ethics committee reference number
)از طریق تایید در هیئت پژوهشی دانشگاه مجوز به صورت نامه

Health conditions studied

1

Description of health condition studied
Insecure attachment and marital discord And dysfunctional attitudes

ICD-10 code
ندارد

ICD-10 code description
I

Primary outcomes

1

Description
Attachment, dysfunctional attitudes, marital adjustment

Timepoint
Pretest-45 Days intervention Therapeutic -After the test

Method of measurement
Adult Attachment Questionnaire Collins and Reid Zhrshnamh Locke and Wallace Marital Adjustment Questionnaire dysfunctional attitudes das

Secondary outcomes

empty

Intervention groups

1

Description
Education and cognitive behavioral therapy group. Group testing by clinical psychology graduate student researcher in the field of skills was seen with 8 weekly sessions of 2 hours of training and CBT groups. In the experimental group, each session will follow the basic principles of group therapy session with a review of homework assignments prior to the start of the next session and make ¬ offering feedback to the completion of reached. In the first session, the therapist aims of education and group therapy sessions, and a pay structure. The group sessions were evaluated rules. The second session reviewed the contents of the meeting, along with examples of the ABC model members were trained to identify the beliefs and values of ¬ absolute destructive Sazbvdn problem because they identify the beliefs and values of absolute obligation, on the ABC model was set . The third meeting of irrational thinking and emotional disturbance dating on Khvdaynd thoughts, cognitive errors, training and assignment of appropriate forms of dysfunctional thoughts were presented. Fourth meeting between feelings, beliefs and behaviors (inducing think) and outcome. Dysfunctional thoughts and behavior modification techniques (advantages and disadvantages, refusal to obey should be a double standard, ¬ behavioral tests, etc.) in the fifth session of induction training and exercises at the end of the assignment was to think of the subject ¬ were asked to identify some of your thoughts and dysfunctional behavior in interpersonal, cognitive-behavioral techniques to change their answer. Also, participants with techniques ¬ Who am I? Knowledge gained. Further more - use the form dysfunctional thoughts, ¬ subjects were asked to assign a few of problems can be solved permanently in their married life ¬ identification and problem solving strategies and techniques to solve communication problems am I his wife to use. Familiar with the techniques and knowledge of her husband's world map of love and communication skills (active listening, empathy, touch, expression) was studied in seven sessions and were given assignments commensurate with technique.

Category
Behavior

2

Description
The control group participated in eight sessions of life skills.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Health Mashhad Municipality
Full name of responsible person
naghi ostadi-hasn mirzadh
Street address
mashhad-ahmdabad khiyaban pastor3
City
mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Torbat Jam Research University
Full name of responsible person
Mohamad Hosin Bayazy
Street address
10 Km Road {Torbat Jam}
City
Mashhsd
Grant name
بودجه و هزینه اجرای پژوهش بر عهده دانشجو بود.
Grant code / Reference number
ندارد
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Torbat Jam Research University
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Islamic Azad University Torbat jam
Full name of responsible person
naghi ostadi
Position
Master of Clinical Psychology
Other areas of specialty/work
Street address
Mashhad - Imam Hadi 4 c 6
City
mashhad
Postal code
Phone
+91 55588436
Fax
+98 66 58774
Email
navidostadi@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University Torbat jam
Full name of responsible person
naghi ostadi
Position
Ma
Other areas of specialty/work
Street address
mashhad-azadi89-4-6
City
mashhad
Postal code
9198644594
Phone
+98 51 1665 8774
Fax
Email
navidostadi@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University Torbat jam
Full name of responsible person
naghi ostadi
Position
ma
Other areas of specialty/work
Street address
mashhad-azadi89-4-6
City
mashhad
Postal code
9198644594
Phone
+98 51 1665 8774
Fax
Email
navidostadi@gmail.com

Web page address
navidostadi@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty