Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

Effect of communication skills training on marital satisfaction and mental health among pregnant women

Protocol summary

Summary

Objectives: this study will be conducted to evaluate the effectiveness of teaching communication skills on marital satisfaction and mental health of pregnant women. Design: This quasi-experimental study will be performed in health centers Nawab, Isfahan, on 60 pregnant women with gestational age less than 24 weeks in two intervention and control groups, who had low marital satisfaction. The levels of anxiety, depression and marital satisfaction will be evaluated by using General Health Questionnaire and ENRICH marital satisfaction questionnaires before the start of the program and one and three months after the intervention. The intervention will be included communication skills training according to the needs of pregnant women during pregnancy. Main outcome measures: scores of marital satisfaction, depression, and anxiety will be evaluated in the intervention and control groups at interval of one month and three months after the intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017012932264N2**
Registration date: **2017-06-28, 1396/04/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-28, 1396/04/07

Registrant information

Name

Zahra Alipour

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2013-05-22, 1392/03/01

Expected recruitment end date

2017-02-03, 1395/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of communication skills training on marital satisfaction and mental health among pregnant women

Public title

The effect of communication skills training on marital satisfaction

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Being married; having the ability to read and write; Not using antidepressants or any other psychiatric medications; no polygamous marriage; gestational age below 24 weeks; Marital satisfaction scores less than 28. Exclusion criteria: lack of participation in more than 30% of communication skills training classes; failure to complete the questionnaire.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Ethics Committee of Isfahan University of Medical Sciences

Street address

Faculty of Nursing &Midwifery, Isfahan University of Medical Sciences, Hezar-Jerib Ave, Azadi Square, Isfahan, Iran

City

Isfahan,

Postal code

8174673465

Approval date

2013-06-05, 1392/03/15

Ethics committee reference number

349394

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

2

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement

Through the General Health Questionnaire

2

Description

Depression

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement

Through the General Health Questionnaire

3

Description

Marital Satisfaction

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement

through enrich marital satisfaction scale

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: Communication skills training based on the changes of pregnancy in 7 sessions of 2 hours

Category

Behavior

2

Description

control group: Preparation for Childbirth classes in two sessions of two hours

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Nawab Safavi Community health center

Full name of responsible person
Dr.Sadeghian

Street address
Nawab Safavi Community health center, Bolts Ahmadabad, BozorgMehr Ave , Isfahan, Iran

City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person
Dr.Mahdi Neematbakhsh

Street address
Vice chancellor for research, Isfahan University of Medical Sciences, , Hezar-Jerib Ave., Azadi Square, Isfahan, Iran

City
Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Vice chancellor for research, Isfahan University of Medical Sciences

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
Isfahan University of Medical Sciences

Full name of responsible person
Dr. Ashraf Kazemi

Position
Assistant Professor

Other areas of specialty/work

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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