Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress.

Protocol summary

Study aim

Determining the effect of counseling with stress management approach and relationship enrichment approach on sexual satisfaction and marital satisfaction of working women with high job stress

Design

This quasi-experimental study was performed on 75 nurses and midwives and participants randomly using the website www.random.org through block shifts based on work shifts (fixed or rotating) with Six or nine blocks and a 1: 1: 1 allocation ratio are assigned to three groups (stress management counseling, relationship enrichment counseling, and control group) and, for concealment, the type of intervention on paper and inside Opaque envelopes will be placed, numbered consecutively.

Settings and conduct

Teaching hospitals of Tabriz

Participants/Inclusion and exclusion criteria

1.Bachelor's degree in nursing and midwifery and above 2. Working women with at least one year of experience in the hospital 3. Having a spouse alive 4. Being sexually active and monogamous 5. Get a score greater than or equal to 100 of the job stress questionnaire 6. Not receiving personal counseling services during participation in treatment sessions No entry conditions 1. History of physical illnesses affecting sexual desire 2. Stressful variables such as disability or illness of a family member 3.Having a mental illness of yourself, your spouse or a family member 4. Occurrence of recent traumatic events and acute stress problem 5. Smoking, alcohol and drugs and other drugs that affect the body and mind 6. Taking drugs to reduce sexual desire 7. Menopause 8. Existence of sexual dysfunction in wife or spouse 8. Marital disputes affecting sexual relations

Intervention groups

The first group of counseling with a stress management approach and the second group of counseling with a relationship enrichment approach and a control group

Main outcome variables

Job stress, marital satisfaction and sexual satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110524006582N34**
Registration date: **2020-11-12, 1399/08/22**
Registration timing: **registered_while_recruiting**

Last update: **2020-11-12, 1399/08/22**
Update count: **0**

Registration date

2020-11-12, 1399/08/22

Registrant information

Name

Mahin Kamalifard

Name of organization / entity

Tabriz University of Medical Sciences and Health Services

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-19, 1399/07/28

Expected recruitment end date

2021-02-18, 1399/11/30

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress.

Public title
The effect of counseling with stress management approach and communication enhancement approach on sexual satisfaction and marital satisfaction of employed women with high occupational stress
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Bachelor's degree in nursing and midwifery at the undergraduate level and above Working women with at least one year of hospital experience (including contract, plan and formal) Having a spouse alive Being sexually active and monogamous Get a score greater than or equal to 100 from the Job Stress Questionnaire Failure to receive individual counseling services while attending treatment sessions
Exclusion criteria:
Having a history of physical illnesses affecting sexual desire (having organ lesions, developing a chronic physical illness such as high blood pressure, diabetes) Stress variables such as disability or illness of a family member (cancer, retardation, etc.) Occurrence of recent traumatic events and acute stressful problems (death of child, father, etc.) Having her own mental illness, spouse or family member according to the patient Smoking, alcohol and drugs and other drugs that affect the body and mind Menopause Taking drugs to reduce libido (antidepressants: fluoxetine, sertraline, paroxetine. Antihistamines: chlorpheniramine, drugs that affect blood pressure: clonidine, captopril, benzodiazepines such as alprazolam (Xanax) and .....
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: **75**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants who completed the pre-test questionnaires randomly using the website www.random.org and through block classification based on work shift (fixed shift or rotating shift) with blocks Six or nine and a 1: 1: 1 allocation ratio to three groups (one group receiving stress management counseling, one group receiving marital relationship enrichment counseling, and one control group). Blocking will be done by a person not involved in sampling and data analysis. To hide the allocation, the type of intervention will be written on paper and placed inside the numbered envelopes, numbered consecutively (Allocation Concealment). The envelopes will be opened in the order in which the participants enter the study and the type of intervention received by them will be determined. In order to prevent contamination, one person will be selected from each section, so that the first person who is eligible and willing to participate in the study will be selected from each section.
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 Research in Tabriz University of Medical Sciences
Street address
Tabriz University of Medical Sciences - Central Organization No. 2 - Vice Chancellor for Research
City
TABRIZ
Province
East Azarbaijan
Postal code
5165665931
Approval date
2019-11-25, 1398/09/04
Ethics committee reference number
IR.TBZMED.REC.1398.873

Health conditions studied

1

Description of health condition studied
Job stress, sexual satisfaction, marital satisfaction
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Comparison of the mean score of sexual satisfaction, 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) with controlling the effect of baseline score

Timepoint
Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) by controlling the effect of baseline score

Method of measurement
Larson Sexual Satisfaction Questionnaire

2

Description
Comparison of the mean score of marital satisfaction, 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) controlling the effect of the base score

Timepoint
Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) controlling the effect of baseline score

Method of measurement
Enrich Marital Satisfaction Questionnaire

Secondary outcomes

1

Description
Comparison of mean job stress score 2 weeks after the intervention in control and intervention groups (2 groups receiving counseling) with controlling the effect of baseline score

Timepoint
Before the intervention and 2 weeks after the intervention in the control and intervention groups (2 groups receiving counseling) by controlling the effect of baseline score

Method of measurement
OSIPO Job Stress Questionnaire

Intervention groups

1

Description
Intervention group: Receiving counseling with a stress management approach. In this study, six counseling sessions will be held at intervals of one week for six consecutive weeks with groups of 4 to 6 people. Educational content of stress management approach: Introduction of stress management program, definition of stress and how it affects physical, mental and Social, sources of stress, providing an introduction to the importance and necessity of stress management skills training, addressing the differences between people in the face of stress and the cause of differences, thought-emotional communication, training and discussion about relaxation, stress and awareness, training and discussion of negative thoughts and behaviors, Steps for replacing rational thoughts, examining people's coping styles in stressful situations, introducing problem-oriented and emotion-oriented techniques as coping strategies with stress, objectifying the role of stress in life, cognitive reconstruction, problem solving, time management Positive Thinking, Self-Esteem, Self-Esteem and Dealing with Concerns, Diaphragm Relaxation and Breathing

Category
Behavior

2

Description
Intervention group: Recipient of counseling with relationship enrichment approach. In this study, six counseling sessions will be held at intervals of one week for six consecutive weeks with groups of 4 to 6 people. Speaking and negotiation skills as the first basic skill, self-expression skills training (second skill) and empathy skills (third skill). Enrichment training for couples and conflict resolution skills between them. Problem solving, reviewing problem-solving solutions, paying attention to strengths and weaknesses in dealing with problems. Train your change skills.

Category
Behavior

3

Description
Control group: Does not receive any intervention.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Sina Hospital

Full name of responsible person
Leily Kazemi

Street address
Tabriz - Azadi St. - Between the intersection of Shahid Montazeri and Hafez - Sina Hospital

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Web page address
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2

Recruitment center
Name of recruitment center
Imam Reza Hospital
Full name of responsible person
Leily Kazemi
Street address
Tabriz / Golgasht St., in front of the Central Organization of the University - Imam Reza Educational and Medical Center
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3

Recruitment center
Name of recruitment center
Shahid Madani Hospital
Full name of responsible person
Leily Kazemi
Street address
Tabriz - Daneshgah St. - Opposite to the University Research and Development Complex - Shahid Madani Cardiovascular Training and Research Center Tabriz
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Fax
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Email
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4

Recruitment center
Name of recruitment center
Alzahra Hospital
Full name of responsible person
Leily Kazemi
Street address
South Army Street - Al-Zahra Educational and Medical Center, Baghshamal Crossroads
City
Tabriz
Province
East Azarbaijan
Postal code
5138665793
Phone
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Fax
+98 41 3334 4280
Email
info@alzahrahosp.tbzmed.ac.ir
Web page address
https://alzahrahosp.tbzmed.ac.ir/

5

Recruitment center
Name of recruitment center
Taleghani Medical Research & Training Hospital
Full name of responsible person
Leily Kazemi
Street address
Tabriz / Railway Square / Taleghani Medical Training Center, Tabriz
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Province
East Azarbaijan
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+98 41 3442 4882
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taleghani.hos@tbzmed.ac.ir
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https://taleghanihosp.tbzmed.ac.ir

6

Recruitment center
Name of recruitment center
children hospital
Full name of responsible person
Leily Kazemi
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7

Recruitment center
Name of recruitment center
Shohada Medical Research & Training Hospital
Full name of responsible person
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8

Recruitment center
Name of recruitment center
Razi Hospital
Full name of responsible person
Leily Kazemi
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9

Recruitment center
Name of recruitment center
Alavi Hospital
Full name of responsible person
Leily Kazemi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
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Golgasht Street, Research Office, No 2 Central Building, Tabriz University of Medical
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Grant name
En 20%Grant active researchers
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz University of Medical Sciences
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
Tabriz University of Medical Sciences
Full name of responsible person
Mahin Kamalifard
Position
Faculty member
Latest degree
Master
Other areas of specialty/work
Midwifery
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Person responsible for scientific inquiries

Contact

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Mahin Kamalifard

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Master of sciences of midwifery, Faculty member

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Master

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available