Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Efficacy of the mindfulness and compassion based intervention on marital relationship quality.

Protocol summary

Study aim
Determining the effectiveness of the relationship enhancement intervention based on mindfulness and compassion on the quality of the relationship of distant married people

Design
A clinical trial with a control group (waiting list) with parallel groups, without blinding, on 24 long distant couples.

Settings and conduct
The intervention is held online on Skype and Google Meet platforms. Couples who have met the criteria via online questionnaire and confirming for participation in the study will be assigned to two intervention and control groups in a quasi random method while blinding will not be done. Participants in intervention group will be participate in 8 sessions individually.

Participants/Inclusion and exclusion criteria
Inclusion criteria include being in a long-distance relationship and having at least a middle school education. Exclusion criteria are not having more than one spouse and not having a physical or psychiatric illness.

Intervention groups
In the intervention group, the relationship enhancement intervention based on mindfulness and compassion will be implemented in eight 1-hour sessions for couples in the experimental group (including men and women) on the Skype or Google Meet platform separately. In the control group (waiting list), no intervention will be implemented.

Main outcome variables
Marital intimacy, marital satisfaction, trait mindfulness, relational mindfulness, sexual mindfulness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230801059002N1**
Registration date: **2023-09-04, 1402/06/13**
Registration timing: **prospective**

Last update: **2023-09-04, 1402/06/13**
Update count: **0**

Registration date
2023-09-04, 1402/06/13

Registrant information

Name
Mojtaba Tashkeh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 21 6655 1655

Email address
tashkeh.m@iums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-09-23, 1402/07/01

Expected recruitment end date
2023-11-22, 1402/09/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Efficacy of the mindfulness and compassion based intervention on marital relationship quality.

Public title

Efficacy of the mindfulness and compassion based intervention on marital relationship quality

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

All married people living in Tehran with their spouses who are away from each other for several days a week or a month. Having at least middle school education Not participating in psychotherapy sessions or psychiatric drug treatment at the same time

Exclusion criteria:

Having more than one wife (for men) Suffering from physical and mental diseases

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Not 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

Research ethics committees of Iran University of Medical Sciences

Street address

Central Headquarters Building., Iran University of Medical Sciences., Hemat Highway, next to Milad Tower

City

Tehran

Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Approval date

2023-06-17, 1402/03/27

Ethics committee reference number

IR.IUMS.REC.1402.232

Health conditions studied

1

Description of health condition studied

Long distant couples

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Marital Satisfaction

Timepoint

The evaluation will be done three times before the start of the intervention, immediately after the end of the intervention, 2 months after the end of the intervention.

Method of measurement

Couple Satisfaction Inventory

2

Description

Marital Intimacy

Timepoint

The evaluation will be done three times before the start of the intervention, immediately after the end of the intervention, 2 months after the end of the intervention.

Method of measurement

Marital Intimacy Questionnaire

Secondary outcomes

1

Description

Trait Mindfulness

Timepoint

The evaluation will be done three times i.e. before the start of the intervention, immediately after the end of the intervention, 2 months after the end of the intervention.

Method of measurement

Five-Faceted Mindfulness Questionnaire

2

Description

Relational Mindfulness

Timepoint

The evaluation will be done three times i.e. before the start of the intervention, immediately after the end of the intervention, 2 months after the end of the intervention.

Method of measurement

Relational Mindfulness Measure

3

Description

Sexual Mindfulness

Timepoint

The evaluation will be done three times i.e. before the start of the intervention, immediately after the end of the intervention, 2 months after the end of the intervention.

Method of measurement

Sexual Mindfulness Measure

Intervention groups

1

Description

Intervention group: The relationship enhancement intervention based on mindfulness and compassion will be implemented in eight 1-hour weekly sessions for the people of the experimental group on the Skype or Google Meet platform individually and separately. The contents of the sessions include body scanning meditation with yoga, love meditation with a focus on the spouse, sitting with awareness of breathing, practicing gazing at each other, practicing interaction with spouse, investigating obstacles and possibilities of mindfulness.

Category

Behavior

2

Description

Control group: It is in the form of a waiting list and during the study, they will not receive any intervention, but after the study, if the intervention is effective, the same sessions as the experimental group will be held for them.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Social network platforms like Telegram, WhatsApp, Eta.

Full name of responsible person

Mojtaba Tashkeh

Street address

No. 1, Shahid Mansouri St., Niayesh St., Sattar Khan St

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Reza Falak

Street address

Central Headquarters Building., Iran University of Medical Sciences., Hemat Highway, next to Milad Tower

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falak.r@iums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Mojtaba Tashkeh

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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

There is no publication plan due to possible misuse of raw research data.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable