Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effectiveness of acceptance and commitment therapy on sexual satisfaction, marital conflicts, and feelings of commitment in couples with marital conflicts referring to psychological centers

Protocol summary

Study aim
Determining the effectiveness of acceptance and commitment therapy on sexual satisfaction, marital conflicts, and feelings of commitment in couples with marital conflicts

Design
A controlled clinical trial with parallel groups, single-blind, randomized, on 30 couples with marital conflicts.

Settings and conduct
Among the people who participated in the pre-test phase, 30 people who scored higher in marital conflicts will be selected and randomly placed in two experimental groups (15 people) and control groups (15 people).

Participants/Inclusion and exclusion criteria
Inclusion criteria: Being literate, being married, having marital conflict, consenting to participate in the study. Exclusion criteria: Presence of severe domestic violence, severe psychiatric disorders, active substance abuse or addiction.

Intervention groups
Intervention group: Acceptance and Commitment Therapy (ACT) will be implemented in a group setting in 8 90-minute sessions (one session per week). The content of the sessions is designed based on the standard ACT protocol and includes six components (acceptance, cognitive dissonance, connection to the present moment, self as context, values, and committed action). Control group: This group will be placed on a waiting list and will not receive any intervention until the end of the study, but after the end of the study, they will have access to treatment programs if they wish.

Main outcome variables
Sexual satisfaction, marital conflicts, and couples' sense of commitment.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250511065687N1**
Registration date: **2025-09-04, 1404/06/13**
Registration timing: **prospective**

Last update: **2025-09-04, 1404/06/13**
Update count: **0**

Registration date
2025-09-04, 1404/06/13

Registrant information
Name
Yeganeh Badri Hajivar
Name of organization / entity
The University of Ahvaz
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-09-20, 1404/06/29
Expected recruitment end date
2026-03-10, 1404/12/19
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date

empty

Scientific title
Investigating the effectiveness of acceptance and commitment therapy on sexual satisfaction, marital conflicts, and feelings of commitment in couples with marital conflicts referring to psychological centers

Public title
The effectiveness of acceptance and commitment therapy on sexual satisfaction, marital conflicts, and couples' sense of commitment.

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Being literate Being married Having marital conflict Consent to participate in the study

Exclusion criteria:
The presence of severe domestic violence Having severe psychiatric disorders Active substance abuse or addiction

Age
From **20 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, the unit of randomization was each couple. The random sequence was generated using R software (version 4.3.1) and using the variable-size filled blocks (4 and 6) method to maintain balance between groups. The randomization tool was the generated sequence list, which was placed in opaque, numbered sealed envelopes. To ensure allocation concealment, the process of opening the envelopes was performed by an independent expert who was not involved in the screening and intervention process. After the final registration of each couple, he opened the relevant envelope and announced the group (experimental or control) based on the assigned number. This method prevents sequence prediction and bias in allocation.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, to maintain single-blinding, therapists and researchers will not be aware of the couples' allocation status to the control or experimental group, but couples will be aware of their group. This helps reduce bias in data collection and analysis and prevents therapist or researcher expectations from influencing the results.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

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Ahvaz

Province
Khouzestan

Postal code
3733361349

Approval date
2025-06-24, 1404/04/03

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.184

Health conditions studied

1

Description of health condition studied
Marital conflicts

ICD-10 code
Z63.0

ICD-10 code description
Problems in relationship with spouse or partner

Primary outcomes

1

Description
Sexual satisfaction

Timepoint
First, the pre-test (before the intervention) and the post-test (immediately after the end of the treatment sessions)

Method of measurement
Sexual Satisfaction Questionnaire

2

Description
Marital conflicts

Timepoint
First, the pre-test (before the intervention) and the post-test (immediately after the end of the treatment sessions)

Method of measurement
Marital Conflict Questionnaire

3

Description
Feeling of commitment between couples
Timepoint
First, the pre-test (before the intervention) and the post-test (immediately after the end of the treatment sessions)
Method of measurement
Couple Commitment Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and Commitment Therapy (ACT) will be implemented in a group setting in 8 90-minute sessions (one session per week). The content of the sessions is designed based on the standard ACT protocol and includes six components (acceptance, cognitive dissonance, connection to the present moment, self as context, values, and committed action). Auxiliary tools such as exercise sheets, assessment questionnaires, and experimental techniques (such as mindfulness exercises) will be used.
Category
N/A

2

Description
Control group: The control group consists of couples who do not participate in any psychological intervention. This group is present only in the pre-test and post-test and is used for comparison with the intervention group.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Unit
Full name of responsible person
Mehdi Hosseinzadeh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
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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
Yeganeh Badri Hajivar
Position
Student
Latest degree
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Psychology
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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
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable