Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect of Emotion Regulation Training on Insecure Attachment, Emotional Dysregulation, and Psychological Aggression in Couples

Protocol summary

Study aim
Determining the effectiveness of emotion regulation training on insecure attachment, emotional dysregulation, and psychological aggression in couples

Design
A clinical trial has an intervention and control group. The sample is randomly selected and then placed into two groups of 10 pairs through simple randomization.

Settings and conduct
This research is a field experimental study with a pretest-posttest design and a control group. The statistical population includes women with emotional divorce referring to a specialized family counseling center. After preparing a list of eligible couples, 20 couples were selected by simple random selection and randomly assigned to two experimental groups (10 couples) and control groups (10 couples). The experimental group will receive emotion regulation training according to the Gratz and Gunderson (2006) model in 10 90-minute sessions.

Participants/Inclusion and exclusion criteria
Inclusion Criteria Ability to read and write. At least five years have passed since the beginning of their marital life. Each spouse is committed to maintaining the relationship with their partner. Exclusion Criteria Having psychological disorders or using psychiatric medications. Having physical problems that may interfere with the intervention process. Addiction to narcotic substances, psychotropic drugs, alcohol, or drug abuse. Infidelity or extramarital relationships in either spouse.

Intervention groups
Intervention group: In this study, emotion regulation training will be implemented in the experimental group for 10 sessions, each session lasting 90 minutes, once a week. Emotion regulation training will be implemented according to the Gratz and Gunderson (2006) model. Control group: They will not receive any intervention.

Main outcome variables
Insecure attachment; emotional dysregulation; psychological aggression.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251123068091N1**
Registration date: **2025-11-29, 1404/09/08**
Registration timing: **prospective**

Last update: **2025-11-29, 1404/09/08**
Update count: **0**

Registration date
2025-11-29, 1404/09/08

Registrant information

Name
leila AleKasir

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 994 166 8408

Email address
www.leila.mayahii@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-12-15, 1404/09/24

Expected recruitment end date
2025-12-31, 1404/10/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The Effect of Emotion Regulation Training on Insecure Attachment, Emotional Dysregulation, and Psychological Aggression in Couples

Public title
The Effect of Emotion Regulation Training
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Be at least 20 and no more than 50 years old. At least 5 years of cohabitation have passed. Each spouse should be committed to the relationship with each other. Be literate in reading and writing.
Exclusion criteria:
Having mental disorders and taking psychiatric medications medications Having physical problems that interfere with the intervention process Addiction to drugs, psychotropic substances, alcohol or medication abuse Infidelity or extramarital affairs in either spouse
Age
From **20 years** old to **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, to achieve completely random assignment and eliminate any researcher interference or bias, a simple randomization method will be used. First, a complete list of couples referring to the counseling center who meet the inclusion criteria will be prepared. Then, each of these couples will be assigned an initial numerical identification code. These codes will be entered into the Random Number Generator software. The software will generate a unique random number for each couple. After the numbers are generated, the participants will be listed in ascending order based on the value of the random number. Then, consecutively, the first to tenth couples on the list will be assigned to the experimental group and the eleventh to twentieth couples to the control group. This process will be designed in such a way that the order of entry or the researcher's knowledge of the participants will have no role in the assignment, and it will not be possible to predict the group of each individual before the randomization is complete.
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 Islamic Azad University of Ahva
Street address
Islamic Azad University of Ahvaz, Farhang Shahr.
City
Ahvaz
Province
Khouzestan
Postal code
6134937333
Approval date
2025-09-22, 1404/06/31
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.515

Health conditions studied

1

Description of health condition studied
Problems between couples
ICD-10 code
Z63.0
ICD-10 code description
Problems in relationship with spouse or partner

Primary outcomes

1

Description
Insecure attachment
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Waller, Frawley, and Brennan Adult Attachment Style Questionnaire (ECR-R) (2000)

2

Description
Emotional disorder
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Gratz and Romer Difficulty in Emotion Regulation Questionnaire (DERS) (2004)

3

Description
Psychological aggression
Timepoint
before performing the intervention and two weeks after completion of the intervention
Method of measurement
Couple Conflict Tactics Scale Revised (CTS-2) Stratus (1996)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In this study, emotion regulation training based on the Gratz and Gunderson (2006) model was implemented for the experimental group in 10 sessions, each session lasting 90 minutes, on a weekly basis. The content includes identifying and naming emotions, being aware of cognitive errors, examining the relationship between thoughts, emotions, and behavior, and introducing core beliefs. The goal of these sessions is to strengthen emotion regulation skills and awareness of emotional reactions to improve the mental health of the participants.
Category
Behavior

2

Description
Control group: They do not receive any intervention or treatment.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Rayan Consulting Center
Full name of responsible person
Leila AleKasir
Street address
1st floor, Mahtab Complex, between East 4th and 5th Streets, Kianpars.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Parvin Ehteshamzadeh
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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
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Leila AleKasir
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Family counseling
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Person responsible for updating data

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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
Participant data is completely confidential and I do not intend to publish it.

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
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available