

## ***Study of demographic characteristics couples premarital counseling center before marriage in Torbate Heydariyeh during the years 2014-2015***

**Mahdiye Sadat Badiee <sup>1\*</sup>, Elmira Iranifar <sup>2</sup>, Mohammad Salehifar <sup>3</sup>**

1. Msc in toxicology, Torbat Haydariyeh University of medical sciences, Torbat Heydariyeh, Iran

2. Msc in Medical Genetics, Mashhad University of medical sciences, Mashhad, Iran

3. Expert Disease Control, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

**\*Corresponding Address: Torbat Heydariyeh University of Medical Sciences, razi st., north ferdosi av.,  
Torbat Heydariyeh, Khorasan Razavi, Iran.  
Email Address: badieiM1@thums.ac.ir**

### ***Abstract***

**Background & Aim:** Marriage is one of the most important events in people's lives. Premarital counseling sessions have significant impact on better recognition of young people about their future spouses. Some individual features of couples are important in continuation of marriage. Thus, this research is conducted to study of demographic characteristics of couples referring to premarital counseling center in Torbat Heydariyeh during 2014-2015.

**Methods:** This is a descriptive/cross-sectional study which carried out on 4384 marrying couples by convenience sampling. Demographic information includes age, education, sex and residency. The collected data were analyzed using SPSS 21 software.

**Results:** Research subjects ranged from 9 to 45 years old. The most frequent age range in women and men was 16-20 Years (44 %) and 21-25 Years (48%), respectively. Moreover, 40% of couples referring to counseling center were engaged and the rest were in initial dating steps.

**Conclusion:** According to the results of this study and high percentage of couples who engaged before referring to premarital counseling center, it is necessary to pay more attention to family education especially young people.

**Keywords:** marriage, premarital counseling, Torbat Heydariyeh