

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Study the effectiveness and non- effectiveness of cognitive-behavioral counseling on sexual satisfaction and quality of life of menopausal women

Protocol summary

Summary

This study will be done with aim to investigate the effectiveness of cognitive-behavioral counseling on sexual satisfaction and quality of life of menopausal women. This study is a double blinded clinical trial. The study population will be included all menopausal women referred to health centers in Kermanshah city, that the number of 70 people will be selected and randomly will be assigned in to intervention and control groups of 35 persons. Beginning of the study, sexual satisfaction (SSSW) and quality of life of menopausal women questionnaires (MENQOL) will be available to both groups. The intervention group once a week (8 sessions, if necessary, will be increased to 10 sessions) for 90-70 minutes will receive cognitive-behavioral group counseling. The control group just will receive the usual care of center. A month after the last session of cognitive-behavioral group counseling, questionnaires will be provided for both groups again and sexual satisfaction and quality of life of both groups will be compared. Inclusion criteria: Having natural menopause; Lack dementia; Lack of husband sexual dysfunction according to one asserted; Lack of family and marital conflict; Lack of heart and lung disease; Residing in the Kermanshah city. Exclusion criteria: No participation in two or more sessions of counseling; Use of hormone therapy during the study; Any crisis in life during the study that make the patients physiological and subjective situation unfavorable.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052814333N75**

Registration date: **2017-06-04, 1396/03/14**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-06-04, 1396/03/14

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

Country

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

Expected recruitment start date

2017-06-10, 1396/03/20

Expected recruitment end date

2017-09-11, 1396/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effectiveness and non- effectiveness of cognitive-behavioral counseling on sexual satisfaction and quality of life of menopausal women

Public title

Effectiveness of cognitive behavioral counseling on sexual satisfaction and quality of life in menopausal women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having natural menopause; Lack of dementia; Lack of husband sexual dysfunction according to one partner; Lack of family and marital conflict; Lack of heart and lung disease; Residing in the Kermanshah city. Exclusion criteria: No participation in two or more sessions of counseling; Use of hormone therapy during the study; Any crisis in life during the study that makes the patient's physiological and subjective situation unfavorable

Age

From **47 years** old to **57 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomly by Card

Secondary IDs

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of Medical Sciences

Street address

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

City

Kermanshah

Postal code

Approval date

2017-04-19, 1396/01/30

Ethics committee reference number

kums.rec.1396.6

Health conditions studied

1

Description of health condition studied

Menopause

ICD-10 code

N95.1

ICD-10 code description

Symptoms such as flushing, sleeplessness, headache, lack of concentration, associated with menopause

Primary outcomes

1

Description

Quality of Life

Timepoint

Beginning of the study, one month after the end of the study

Method of measurement

Based on The Menopausal Specific Quality of Life Questionnaire (MENQOL)

2

Description

Sexual satisfaction

Timepoint

Beginning of the study, one month after the end of the study

Method of measurement

Based on sexual satisfaction questionnaires (SSSW)

Secondary outcomes

empty

Intervention groups

1

Description

The control group just will receive the usual care of center.

Category

Other

2

Description

The intervention group once a week (8 sessions, if necessary, will be increased to 10 sessions) for 90-70 minutes will receive cognitive-behavioral group counseling.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers in Kermanshah city

Full name of responsible person

Sharareh

Street address

Motazedi Health centers, Street of Hafeziyeh

City

Kermanshh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kermanshah University of Medical Sciences

Full name of responsible person

Koroush Hamzehee

Street address

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

City

Kermanshah

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Kermanshah University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Sharareh Khoshandam

Position

MA Student of consultation in midwifery

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Dr. Sosan Heydarpour

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Person responsible for updating data

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Other areas of specialty/work

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty