

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Effectiveness of cognitive behavioral group therapy focusing on sexual self assertiveness in female orgasm

Protocol summary

Summary

This study aims to investigate the effectiveness of cognitive behavioral group therapy focusing on sexual self assertiveness in female orgasm. The design of the study is pre-test post-test quasi-experimental design. The study population is women who refer to the health care in selected centers in Tehran, Iran. Inclusion criteria: passing at least one year of marriage; not being on the verge of divorce; not trying to conceive until the next year; lack of menopause; lack of breastfeeding; non-chronic physical illness; non- use of certain medications that may affect sexual activity; having sex in the last four weeks; non-psychotic illnesses and axis 1 disorders (including depression and anxiety); non-addictive husband; not far from husband or polygamy; having a bachelors degree for women. Exclusion criteria: desire to stop working; pregnancy during the study; handling location. The data are gathered via a standard questionnaire whose validity and reliability are assured in advance. Sample size is equal to 22 women to intervention group (n=11) and control group (n=11) randomly. The cognitive behavioral intervention for intervention group consisted of 8 sessions cognitive behavioral group therapy focusing on sexual self assertiveness for two month and the control group did not receive any intervention. The primary outcome: increase orgasm. The secondary outcome: increase desire, psychological excitement, and sexual self assertiveness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014120920256N1**

Registration date: **2015-04-23, 1394/02/03**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-04-23, 1394/02/03

Registrant information

Name

Mina Chizari

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6683 9151

Email address

m.chizari@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-11-22, 1394/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of cognitive behavioral group therapy focusing on sexual self assertiveness in female orgasm

Public title

Effectiveness of cognitive behavioral group therapy focusing on sexual self assertiveness in female orgasm

Purpose

Treatment

Inclusion/Exclusion criteria
 Inclusion criteria: passing at least one year of marriage; not being on the verge of divorce; not trying to conceive until the next year; lack of menopause; lack of breastfeeding; non- chronic physical illness; non- use of certain medications that may affect sexual activity; having sex in the last four weeks; non-psychotic illnesses and axis 1 disorders (including depression and anxiety); non-addictive husband; not far from husband or polygamy; having a bachelors degree for women.
 Exclusion criteria: desire to stop working; pregnancy during the study; handling location.

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

Gender
 Female

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **22**

Randomization (investigator's opinion)
 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

Vice chancellor for research, Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq., Sardashat, Arak

City

Arak

Postal code

3818146851

Approval date

2015-02-23, 1393/12/04

Ethics committee reference number

93-175-1

Health conditions studied

1

Description of health condition studied

Anorgasmia

ICD-10 code

F52.3

ICD-10 code description

Orgasmic dysfunction

Primary outcomes

1

Description

Orgasm

Timepoint

Before and after intervention

Method of measurement

Female Sexual Function Index

Secondary outcomes

1

Description

Sexual self assertiveness

Timepoint

Before and after intervention

Method of measurement

Hurlbert Index of Sexual Desire

2

Description

Sexual desire

Timepoint

Before and after intervention

Method of measurement

Female Sexual Function Index

3

Description

Psychological excitement

Timepoint

Before and after intervention

Method of measurement

Female Sexual Function Index

Intervention groups

1

Description

Intervention group: 8 sessions cognitive behavioral group therapy focusing on sexual self assertiveness for ninety minutes in each sessions.

Category

Behavior

2

Description

Control group: control group did not receive any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Akbar abad center

Full name of responsible person

Dr. Tagbakhsh

Street address

Mahboob Mojaz st., Navab st., Tehran

City

Tehran

2

Recruitment center

Name of recruitment center

Farmanfarmaeeyan Center

Full name of responsible person

Dr. Bazargan

Street address

Roshdiyeh crossway. Azarbayjan st., Tehran

City

Tehran

3

Recruitment center

Name of recruitment center

Shahid Ayat Center

Full name of responsible person

Dr. Shayegh

Street address

Behind Ghalemorghi Military complex, Front of Shariati Park

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of Medical Sciences

Full name of responsible person

Mohammad Rafie

Street address

Arak University of Medical Sciences, Basij Sq., Sardashat

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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

Vice chancellor for research, Arak 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

Arak University of Medical Sciences

Full name of responsible person

Mina Chizari

Position

MSc student of counselling in midwifery

Other areas of specialty/work

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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