Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Effectiveness of cognitive behavioral group therapy focusing on sexuall 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

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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 sexuall self assertiveness in female orgasm

Public title

Effectiveness of cognitive behavioral group therapy focusing on sexuall 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
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2

Recruitment center
Name of recruitment center
Farmanfarmaeeyan Center
Full name of responsible person
Dr. Bazargan
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Roshdiyeh crossway. Azarbayjan st., Tehran
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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
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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
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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

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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