The effect of acceptance and commitment-based counseling compared to traditional counseling provided in premarital counseling centers on sexual performance and satisfaction in young couples

Protocol summary

Summary
This study aims to determine the effect of acceptance and commitment-based counseling on sexual performance and satisfaction in young couples compared to the conventional counseling currently provided in premarital counseling centers. This clinical trial with control and case groups will be conducted with 60 couples, selected purposively if they meet the inclusion criteria, and then randomly and evenly divided into control and case groups (30 each). Intervention is conducted in three stages. Each stage will include 20 couples in control and case groups, who will receive conventional and commitment-based premarital counseling respectively. After completion of educational sessions, the results of sexual satisfaction and function questionnaire completed by both control and case groups will be compared. Study inclusion criteria are the following: minimum high school diploma education, 20-30 years old, and couples planning to live together in the next two weeks. Study exclusion criteria are the following: unwillingness to participate due to personal reasons, illness, or a disorder that prevents individuals from attending educational sessions. Interventions will comprise eight two-hour sessions. The first six sessions will involve commitment-based group counseling for both men and women, and in the last two sessions, sexual relationship will be taught to men and women separately. In this study, the sexual function and satisfaction intervention will be provided through commitment-based counseling, with sexual function and satisfaction as the main outcomes.

General information

Acronym

IRCT registration information
IRCT registration number: IRCT2015030721357N1
Registration date: 2016-01-18, 1394/10/28
Registration timing: retrospective

Last update: 
Update count: 0
Registration date
2016-01-18, 1394/10/28

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
2015-09-23, 1394/07/01
Expected recruitment end date
2015-10-23, 1394/08/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of acceptance and commitment-based counseling compared to traditional counseling provided in premarital counseling centers on sexual performance and satisfaction in young couples

**Public title**
The effect of premarital counseling on sexual satisfaction and performance

**Purpose**
Supportive

**Inclusion/Exclusion criteria**
Inclusion criteria: The couples who refer to the consulting centers in Isfahan before marriage; Minimum education shall be high school certification; They shall not have acute psychological personal disorders (using general health questionnaires and maximum score of 36); Non-attendance in sexual training classes before entrance into the classes for premarital consulting; Age group 20 to 30 years; without any previous marriage; The couple that it has been determined to begin their mutual life within 2 weeks; The couple that live independently in a private house Exclusion criteria: non- cooperation due to existence of personal reasons or disease or a disorder that causes the person does not attend in the sessions.

**Age**
From 20 years old to 30 years old

**Gender**
Both

**Phase**
2

**Groups that have been masked**
No information

**Sample size**
Target sample size: 60

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**
Randomization by coin toss will be conducted by

**Secondary Ids**
empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**
Ethics committee of Arak University of Medical Sciences

**Street address**
Sardasht Avenue, Basij Square, Arak, Markazi

**City**
Arak

**Postal code**
38481-7-6941

**Approval date**
2015-08-03, 1394/05/12

**Ethics committee reference number**
IR.MUI.REC.1394.2.077

**Health conditions studied**

1

**Description of health condition studied**
Counselling sex

**ICD-10 code**
Z70.8

**ICD-10 code description**
Sex education

**Primary outcomes**

1

**Description**
Sexual satisfaction, Sexual function

**Timepoint**
A month after the intervention

**Method of measurement**
Questionnaire sexual function (FSFI) in women and men, Questionnaire sexual satisfaction Meston and Trapnel (SSS-W) in women, Questionnaire Larson in men

**Secondary outcomes**

1

**Description**
-

**Timepoint**
-

**Method of measurement**
-

**Intervention groups**

1

**Description**
Intervention group 1: 8 sessions of 2 hour class, which includes 6 sessions and two sessions of counseling based on acceptance and commitment sex education classes twice a week for a month

**Category**
Lifestyle

2

**Description**
Control group: Participants in the training course Premarital Counseling

**Category**
Recruitment centers

1 Recruitment center
   Name of recruitment center
   Gole Yas premarital counselling center
   Full name of responsible person
   Pelinoos Ramezannezhad, senior student of
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   Isfahan

Sponsors / Funding sources

1 Sponsor
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   Vice chancellor for research, Arak University of
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   Full name of responsible person
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   Arak
   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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Person responsible for updating data

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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