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
Name
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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 questionnaire 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**
Not blinded

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

**Blinding description**
Placebo

**Assignment**
Parallel

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

**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

Name of recruitment center
Gole Yas premarital counselling center

Full name of responsible person
Pelinoos Ramezannezhad,senior student of consultation in midwifery

Street address
Nabavimanesh Street, Atashgah Street, Isfahan,Gole Yas counselling center

City
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Sponsors / Funding sources

1

Name of organization / entity
Vice chancellor for research,Arak University of Medical Sciences

Full name of responsible person
Mhammad Rafiee

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Sardasht Avenue, Basij Square, Arak, Markazi

City
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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

Country of origin
empty

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