Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Clinical trial to evaluate the efficacy of short-term treatment for unconsummated marriage for sexual satisfaction

Protocol summary

Summary

The aim of this study is to evaluate the efficacy of short-term treatment on unconsummated marriage as an experimental clinical trial with pre- and post-test. The target population will be 44 couples with the history of unconsummated marriage referred to the super specialty clinic of Tooloo in Rasht; they will be selected by administering the sexual satisfaction questionnaires to them and a clinical interview by a psychiatrist according to the diagnostic criteria of Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The minimum test scores for inclusion in the research will be ranged from 0 to 27 for men and from 0 to 36 for women. The couples with history of unconsummated marriage that the origin of their disease is not medical condition will be recruited by observation inclusion and exclusion criteria for the study by convenience sampling after obtaining the informed consent. Exclusion criteria would be any history of smoking; alcohol consumption or high body mass index. The treatment will be conducted during 5 sessions with the interval of one week. During the treatment, the skills including easy talking about sex, relaxation of genital muscles, cognitive restructuring, desensitization of anxiety will be taught. The efficacy obtained from the sexual satisfaction questionnaire will be evaluated one month later. The score above 28 for men and above 37 for women will confirm the efficacy of treatment.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016103021965N3**
Registration date: **2017-01-20, 1395/11/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-01-20, 1395/11/01

Registrant information

Name
Homa Zarrabi

Name of organization / entity
Guilan University of Medical Sceinces,«Kavosh » Cognitive Behaviour Sciences and Addiction Researc

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Recruitment status

Recruitment complete

Funding source

University Of Medical Sciences Guilan,Vice chancellor for research

Expected recruitment start date

2016-06-20, 1395/03/31

Expected recruitment end date

2017-06-21, 1396/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical trial to evaluate the efficacy of short-term treatment for unconsummated marriage for sexual satisfaction

Public title

Clinical trial to evaluate the efficacy of short-term treatment for unconsummated marriage for sexual

satisfaction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The couples with history of unconsummated marriage according to the diagnostic criteria of Diagnostic and Statistical Manual of Mental Disorders(DSM-5); obtaining score between 0-27 for men and between 0-36 for women by the sexual satisfaction questionnaire; the participants would included in study if they have 18-64 years old without medical conditions; Exclusion criteria: psychiatric disorders; medicals consumption affecting sexual physiology; drugs or alcohol consumption, smoking cigarette and high body mass.

Age

From **18 years** old to **64 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

-

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Guilan University of Medical Sciences

Street address

Shahid Beheshti Blvd,Opposite to the Sepah bank, Above Iran Radiator Representation. Building Of Assistance Research and Technology, Rasht, Iran

City

Rasht

Postal code

4193893345

Approval date

2016-06-14, 1395/03/25

Ethics committee reference number

IR.GUMS.REC.1395.76

Health conditions studied

1

Description of health condition studied

unconsummated marriage

ICD-10 code

F52

ICD-10 code description

Loss of sexual desire is the principal problem and is not secondary to other sexual difficulties, such as erectile failure or dyspareunia . Frigidity, Hypoactive sexual desire disorder

Primary outcomes

1

Description

sexual satisfaction

Timepoint

before the treatment and one month after the treatment

Method of measurement

sexual satisfaction questionnaire

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Intervention group: The treatment is conducted in five 45-minute sessions with one week interval and the skills of feeling comfortable to talk about sex the release of genital muscles cognitive restructuring and desensitization of anxiety will be taught.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Tooloo Specialty and Subspecialty of Psychiatry Clinic of Rasht

Full name of responsible person
Dr kiomars Najafi

Street address
Shabnam alley, Golsar Crossroads, Opposite to the Municipal of Area (3),Rasht, Iran

City
Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University Of Medical Sceinces Guilan,Vice chancellor for research

Full name of responsible person
Dr Rasool Tabari

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Shahid Beheshti Blvd, Opposite to the Sepah Bank, above Iran Radiator Representation، Rasht, Iran

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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
University Of Medical Sceinces Guilan,Vice chancellor for research

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
Guilan University Of Medical Sciences

Full name of responsible person
Dr Kiomars Najafi

Position
Psychiatrist, Assistant Professor

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