

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women

Protocol summary

Summary

The present research is a Trial educational study which was carried out in the Arak city in the winter of 2014 in order to investigate the effects of cognitive - behavioral trainings on pregnant women's, sexual Function and Attitudes dysfunction sexual. The study population consisted of all pregnant women who were under the control of health clinics of Arak city. The admission criterion for the study was the lack of a ban on sexual intercourse due to medical reasons, lack a history of untreated sexual problems, lack of using medications which might affect sexual response, having at least the intermediate education, the age range of 18-35 years old, pregnancy ranking of 1-2, gestational age of less than 33 weeks and if any of the pregnant women who for whatever reason were in trouble during pregnancy and were not willing to continue training sessions were excluded from the study. The five health clinics were randomly selected out of health clinics covered by the Arak city as a single- stage cluster form. out of every health clinic, 20 pregnant women (a total of 100 pregnant women) who have Inclusion criteria were given a researcher- made attitude questionnaire and Sexual Function. The researcher, in individual interviews with pregnant women, was received a written consciously testimonial from people willing to participate and were qualified to enter the study. After giving an explanation on how to complete the questionnaire, out of the total women, only 22 participants who obtained lowest score in the questionnaires were selected. The questionnaires were then placed in a sealed box. The first person was categorized in the intervention group through lottery and then people were placed in two groups alternately. Some meetings were prepared for each person in intervention group. Cognitive-behavioral therapy sessions were held weekly at eight 90 minutes sessions. The treatment was performed using techniques such as speech, question & answer, looking photos, videos, PowerPoint and giving pamphlet. One another group of 11 people were enrolled

in the control group, so that no additional training was carried out on what receive routinely and during pregnancy cares by health care workers. after the end of sessions, attitudes and sexual function post test questionnaire was completed by the intervention and control groups and the obtained results were characterized and compared. Then, considering the significance of the research done, three months later the attitude questionnaire was completed again by pregnant women of control the intervention groups for follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070423057N1**

Registration date: **2015-09-09, 1394/06/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-09, 1394/06/18

Registrant information

Name

Maryam Kheyri

Name of organization / entity

Arak university of medical sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Arak research university of medical sciences

Expected recruitment start date

2015-01-21, 1393/11/01

Expected recruitment end date

2015-02-19, 1393/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women

Public title

The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women

Purpose

Health service research

Inclusion/Exclusion criteria

The admission criterion: For the study was the lack of a ban on sexual intercourse due to medical reasons: lack a history of untreated sexual problems: non-addiction: lack of using medications which might affect sexual response: lack of known physical or mental and medical diseases based on report declared by individual himself: no adverse event during the 3 months prior to the study: living with a permanent partner: having at least the intermediate education: the age range of 18-35 years old: pregnancy ranking of 1-2 : gestational age of less than 33 weeks. The Exclusion criteria: If any of the pregnant women who for whatever reason were in trouble during pregnancy and were not willing to continue training sessions were excluded from the study.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

2

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**

Ethics committee of the university of medical sciences

Street address

Department of education and research, the university of medical sciences site, Basij square, Arak

City

Arak

Postal code**Approval date**

2015-01-21, 1393/11/01

Ethics committee reference number

93-174-14

Health conditions studied**1****Description of health condition studied**

Attitudes sexual dysfunction and sexual function

ICD-10 code

Z70

ICD-10 code description

Counselling related to sexual attitude, behaviour and orientation

Primary outcomes**1****Description**

Sexually dysfunctional attitudes

Timepoint

Before training, after training, follow-up three months later

Method of measurement

Attitudes questionnaire researcher

Secondary outcomes**1****Description**

Sexual function

Timepoint

Before training, after training, respectively, followed three months later

Method of measurement

Female sexual function index questionnaire(FSFI)

Intervention groups**1****Description**

For the cases, face to face meetings prepared by the

researcher were presented in a separate room. this Clinic Aristotle taught using lectures, answer questions, view photos, videos, PowerPoint and the pamphlets and booklets were performed. Training sessions of cognitive-behavioral weekly meetings and 8 meeting lasted 90 minutes, was the content of training sessions in order Sessions First session: Referrals The second session: Of the damage to the baby's sex during pregnancy? Third session: Whether sex during pregnancy is causing damage to your mother? Fourth session: Whether sex during pregnancy is a sin? Fifth Session: Is sex during pregnancy increases the mental health of the pregnant women? Sixth session: Is sex during pregnancy is enjoyable for me? Seventh session: Whether sex during pregnancy is the problem? Eighth session: To evaluate the progress of pregnant women and reassess their attitude

Category

Behavior

2**Description**

the control group received no additional training on what to routine prenatal care from health workers not received

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Aristotle's health clinic

Full name of responsible person

Maryam Kheyri

Street address

The town of Ali Ibn Abi Talib, Arak

City

Arak

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Arak university of medical sciences

Full name of responsible person

D.r Ali Ghazavi

Street address

Post box 1884 , Department of education and research, university of medical sciences, the Basij, Arak

City

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**Contact****Name of organization / entity**

Arak university of medical sciences

Full name of responsible person

Maryam Kheyri

Position

Master

Other areas of specialty/work**Street address**

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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