

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of cognitive behavioral counseling on sexual knowledge and motivation to avoid risky sexual relations and sexual depression in female students

Protocol summary

Summary

Aim of study: This study aimed to determine the efficacy of Cognitive-Behavioral Counseling on sexual self-concept of female students in Kerman University of Medical Sciences. Study design: Random Control Trial
Population: female students in dormitories of Kerman and Rafsanjan Universities of Medical Sciences who were unmarried and with lack of a history of known psychiatric illnesses and not use of other relevant counseling services. Sample Size: The sample size was considered 63 students in different fields of study; 31 students as experimental group in Kerman University of Medical Sciences and 32 students as control group in Rafsanjan University of Medical sciences. Intervention: Cognitive Behavior Group Counseling was hold every 3-days with 10-11 students in every intervention group. Instrument for collecting data as pre-test and post-test was Snell's Multidimensional Sexual Self-concept questionnaire. Primary Output of study: Increasing Self Sexual Concept

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017071624866N3**

Registration date: **2017-09-27, 1396/07/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-27, 1396/07/05

Registrant information

Name

Katayoun Alidoosti

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5219

Email address

alidoosti@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

kerman Medical Science

Expected recruitment start date

2016-10-21, 1395/07/30

Expected recruitment end date

2016-12-20, 1395/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavioral counseling on sexual knowledge and motivation to avoid risky sexual relations and sexual depression in female students

Public title

sexual problem

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria include: being unmarried-ability to converse and understand the Persian language, being Iranian -lack of a history of known psychiatric illnesses or taking drugs , exclusion criteria include the use of other relevant counseling services, non-attendance at one of the sessions.

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **54**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

هیج جا

Secondary trial Id

0000

Registration date

empty

2

Registry name

non

Secondary trial Id

o

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kerman Medical Science Univercity

Street address

kerman

City

kerman

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

(2016. 272kmu. Rec

2

Ethics committee

Name of ethics committee

Kerman Medical Science

Street address

Somayeh-

City

Kerman

Postal code

Approval date

2016-09-22, 1395/07/01

Ethics committee reference number

1395.272kmu.rec.)

Health conditions studied

1

Description of health condition studied

sexual problems

ICD-10 code

ICD-10 code description

2

Description of health condition studied

sex

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

sexual self concept

Timepoint

6 weeks

Method of measurement

Self-concept multifaceted questionnaire, Snell

Secondary outcomes

1

Description

sexual knowledge

Timepoint

4 weeks

Method of measurement

snell questionnaire

2

Description

sexual depression

Timepoint

4 weeks later

Method of measurement

Self-concept multifaceted questionnaire, Snell

Intervention groups

1

Description

Individuals in the intervention group were divided into three groups of 10 to 11 people, and they participated in 6 consecutive cognitive-behavioral counseling sessions once in every 3 nights. each session was one and half an our longed. In each session, the attendance form was completed by participants before holding the sessions

Category

Behavior

2

Description

any intervention was done for control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Boostan dormitory

Full name of responsible person

Shahrokhi

Street address

City

kerman

2

Recruitment center

Name of recruitment center

Narges dormitory

Full name of responsible person

Feyzi

Street address

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Medical Science University

Full name of responsible person

Mirzayee

Street address

Kerman Medical Science University

City

Kerman

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Medical Science University

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Medical Science University

Full name of responsible person

mirzayee

Street address

Medical Science University

City

kerman

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Medical Science University

Proportion provided by this source

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

Midwifery Collage

Full name of responsible person

alidoosti

Position

instructor

Other areas of specialty/work

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Midwifery Collage

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Position

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

midwifery Collage

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Position

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Fax

Email

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Web page address

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