Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 Alidousti

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
هیچ 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
snel questionary

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 Univercity
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 Univercity
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 Univercity
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 Univercity
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
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Person responsible for updating data

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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