

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Effectiveness of eye movement desensitization and reprocessing (EMDR) on sexual function of patients with vaginismus

Protocol summary

Summary

Objectives: evaluation of effectiveness of eye movement desensitization and reprocessing (EMDR) on sexual function, anxiety and quality of life of patients with vaginismus. Design: 20 women with vaginismus will be evaluated by non-probability sampling methods in a 6-month period of time. Setting and conduct: after a short interview with the patients, demographic data will be gathered. Then the female sexual function index (FSFI), Zung Anxiety Scale, quality of life (QOL) and Larson sexual questionnaires will be completed. The patients will enter into the EMDR protocol. After EMDR sessions and also two months after the end of intervention, the questionnaires will be completed again. Inclusion criteria: diagnosis of vaginismus; age between 15 to 49 years; married; at least 9 grade of school education. Exclusion criteria: physical causes of vaginismus; acute or chronic physical illness and other major psychiatric disorders; other therapies (pharmacological or behavioral therapy). Intervention: Eye Movement Desensitization and Reprocessing (EMDR) protocol. Main outcome measures (variables): female sexual function.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020126319N1**

Registration date: **2016-03-19, 1394/12/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-03-19, 1394/12/29

Registrant information

Name

Fatemeh Jebelli

Name of organization / entity

Isfahan University of Medical Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2015-01-21, 1393/11/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of eye movement desensitization and reprocessing (EMDR) on sexual function of patients with vaginismus

Public title

Eye movement desensitization and reprocessing (EMDR) for vaginismus treatment

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of vaginismus; age between 15 to 49 years; married; at least 9 grade of school education. Exclusion criteria: physical causes of vaginismus; acute or chronic physical illness and other

major psychiatric disorders; other therapies (pharmacological or behavioral therapy).

Age
From **14 years** old to **48 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences

Street address
Hezar jerib St, Isfahan

City
Isfahan

Postal code

Approval date
2014-12-10, 1393/09/19

Ethics committee reference number
393901

Health conditions studied

1

Description of health condition studied
Nonorganic vaginismus

ICD-10 code
F52.5

ICD-10 code description
Spasm of the pelvic floor muscles that surround the vagina, causing occlusion of the vaginal opening. Penile entry is either impossible or painful.

Primary outcomes

1

Description
sexual function

Timepoint
pre intervention, post intervention and three month later

Method of measurement
Female Sexual Function Index Questionnaire (FSFI);
Larson sexual Questionnaire

2

Description
anxiety

Timepoint
pre intervention.post intervention and three month later

Method of measurement
Zung Anxiety Scale Questionnaire (SAS) and Larson sexual Questionnaire

Secondary outcomes

1

Description
Quality of Life

Timepoint
befor intervention, after intervention and three month later

Method of measurement
Quality of Life Questionnaire (QOL)

Intervention groups

1

Description
The patients will enter into the EMDR protocol (eye movement desensitization and reprocessing). It contains of 8 phases each of them are done in one session.10 sessions of EMDR were considered for each patient

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Psychosomatic Research Center

Full name of responsible person
Fatemeh Jebelli

Street address
Shariaty St, Isfahan

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Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Isfahan University of Medical Sciences

Full name of responsible person

DR Mansoor Siavash

Street address

Hezar Jerib St, Isfahan

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Isfahan

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 of Isfahan 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**

Medicine School, Isfahan University of Medical Science

Full name of responsible person

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Resident of Psychiatry

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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