

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Protocol summary

Summary

The aim of this study is the consultation effectiveness with approach of mindfulness-based cognitive therapy on improving sexual satisfaction and marital childbearing age. The sample is Covering of women from the research population that is eligible to enter and exiting And willingness to participate in this study. Inclusion criteria is Covering married women in the age range 15-49 years; Larson sexual satisfaction score less than 75; Enrich marital satisfaction scale score is less than 40. Exclusion criteria is Covering the absence of more than two sessions, pregnancy during the period of the sampling. The sample size in this clinical trial is from 40 women who are referred to health centers in Isfahan That these women were divided into two groups by using table of random numbers. control groups (n = 20) and Intervention groups (2 groups of 10 people). Both groups Will be took before the intervention, immediately after intervention and 1 month after intervention by Larson sexual satisfaction and Enrich marital satisfaction questionnaires will be evaluated. If the effectiveness of mindfulness intervention after the end of the study summary of the consultative approach Will be offered to the control group if they would like.

General information

Acronym

Mindfulness-based cognitive therapy. MBCT

IRCT registration information

IRCT registration number: **IRCT2016062128560N1**

Registration date: **2017-01-20, 1395/11/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-20, 1395/11/01

Registrant information

Name

Fatemeh sohran

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 3824 1751

Email address

f.sohran@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Shahid Sadoughi University of Medical Science

Expected recruitment start date

2016-08-10, 1395/05/20

Expected recruitment end date

2016-12-10, 1395/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Public title

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: married women in the age range 49-15

years; Larson sexual satisfaction score less than 75; Enrich marital satisfaction scale score is less than 40; Iranian Ethnicity; having read and write; passing at least a year since marriage, having a bedroom or a common bed; having an interest in participating in the study; having commitment necessary to perform the relevant duties (participate in all sessions or at least 7 sessions of counseling sessions and more than 75% of assignments to recognize advisor). Exclusion criteria: the lack of desire to participate in the research; having chronic physical and mental illnesses; medication because of chronic physical illnesses and psychological; having a history of sexual problems; pregnancy and the occurrence of unpleasant incidents leading to decreased sexual satisfaction during the last 6 months.

Age

From **15 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The risk of loss due to non-cooperation in carrying out assignments and absences from meetings that have been considered in the calculation of sample size, are the limitations of this study. After recording system IRCT research project, in order to allow contact with the researcher subjects through mobile phone text messages to remind their homework as well as participate in the study informed consent is obtained. Recalling Homework every day through mobile phone text messages, could be the solution to prevent sample loss.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shahid Sadoughi University of Medical Sciences Ethics Committee

Street address

Shahid Sadoughi University of Medical Sciences, Alem Sq., Safaieh Yazd Yazd Iran, Islamic Republic Of

City

Yazd

Postal code**Approval date**

2016-04-26, 1395/02/07

Ethics committee reference number

ir.ssu.rec.1395.31

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

Sexual satisfaction and marital satisfaction

ICD-10 code

Xxi

ICD-10 code description**Primary outcomes****1****Description**

Marital Satisfaction

Timepoint

Before the intervention, after intervention and one month after intervention

Method of measurement

marital satisfaction questionnaire Enrich

2**Description**

Sexual Satisfaction

Timepoint

Before the intervention, after intervention and one month after intervention

Method of measurement

Larson sexual satisfaction

Secondary outcomes

empty

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

8 week consultation will be done with approach mindfulness-based cognitive therapy for the intervention group.

Category

Behavior

2**Description**

After collecting data if the control group, will be given a pamphlet summarizing meetings them.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers in Isfahan

Full name of responsible person

Fatemeh sohran

Street address

City

Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Shahid Sadoughi
University of Medical Science

Full name of responsible person

Mojgan Sharify

Street address

Shahid Sadoughi University of Medical Sciences, Alem
Sq, Safaieh, Yazd

City

Yazd

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 Shahid Sadoughi
University of Medical Science

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

Shahid Sadoughi University of Medical Sciences

Full name of responsible person

Fatemeh sohran

Position

A graduate student in midwifery advice

Other areas of specialty/work

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PhD in Reproductive Health

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Person responsible for updating data

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Full name of responsible person

Fatemeh sohran

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Other areas of specialty/work

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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