

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 2026

Investigating The Effect of Group Counseling Based-on Reality Therapy On Sexual Function and Satisfaction in Women

Protocol summary

Summary

The aim of this study is to determine the effectiveness of group counseling based on reality therapy on sexual function and satisfaction in women. This is a randomized clinical trial study that is performed in Arak in 2016. Five health centers are randomly chosen among health centers of Arak. Forty referred women are selected based on inclusion and exclusion criteria. Participants are randomly assigned to the experimental and control groups. Inclusion criteria are: age range 18-45 years; at least one year of marriage is over; having Iranian originality; absence of pregnancy and breastfeeding; absence of drug abuse in couples; absence of history or current medical and mental illness in couples; education not lower than diploma; absence of known sexual dysfunction in couples; absence of specific drug use by couples; absence of infertility in couples; non-use of hormonal methods of contraception. Exclusion criteria are: unwillingness for continue participate in counseling sessions; getting pregnant and occurrence of unpleasant events during the study. Experimental group take part in counseling sessions based on reality therapy (8 sessions, 90 minutes, twice a week) and control group is in waiting list. Data is gathered by personal characteristic form, Female Sexual Function Index (FSFI) questionnaire and Larson Sexual Satisfaction Questionnaire (LSSQ) that are completed before and 4 weeks after intervention by participants.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016081929397N1**

Registration date: **2016-09-14, 1395/06/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-14, 1395/06/24

Registrant information

Name

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Name of organization / entity

Arak University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-09-21, 1395/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating The Effect of Group Counseling Based-on Reality Therapy On Sexual Function and Satisfaction in Women

Public title

The Effect of Reality Therapy On Sexual Function and Satisfaction in Women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: age range 18-45 years; at least one year of marriage is over; having Iranian originality; absence of pregnancy and breastfeeding; no drug abuse in couples; no history or current medical and mental illness in couples; education not lower than diploma; absence of known sexual dysfunction in couples; absence of specific drug use by couples; absence of infertility in couples; non-use of hormonal methods of contraception; absence of stressful events in the last 6 months; absence of sexual training or counseling in the last 6 months; Having sex with her husband in the last 4 weeks; absence of vaginal and cervical infections. Exclusion criteria: unwillingness for continue participate in counseling sessions; being absent in counseling sessions for 2 sessions or more; getting pregnant; occurrence of unpleasant events during the study.

Age

From **18 years** old to **45 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

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Square, Sardasht, Arak, Iran

City

Arak

Postal code

38481-7-6941

Approval date

2016-07-18, 1395/04/28

Ethics committee reference number

IR.ARAKMU.REC.1395.144

Health conditions studied

1

Description of health condition studied

Sexual Counseling - Sexual Function and Satisfaction

ICD-10 code

Z70.9, F52

ICD-10 code description

Sexual Counseling, unspecified, Unspecified Sexual Dysfunction, not caused by organic disorder or diseases

Primary outcomes

1

Description

Sexual Function

Timepoint

Before intervention, four weeks after intervention

Method of measurement

Female Sexual Function Index questionnaire

Secondary outcomes

1

Description

Sexual Satisfaction

Timepoint

Before intervention, four weeks after intervention

Method of measurement

Larson Sexual Satisfaction Questionnaire

Intervention groups

1

Description

Intervention group take part in counseling sessions based on reality therapy (8 sessions, 90 minutes, twice a week).

Category

Lifestyle

2

Description

control group is in waiting list.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arastoo Health Center

Full name of responsible person

Maryam Mohammadi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Deputy of Research and Technology of Arak
University of Medical Sciences
Full name of responsible person
Dr Mohammad Rafiei
Street address
Deputy of Research and Technology, Arak University
of Medical Sciences, Basij Square, Sardasht, Arak,
Iran
City
Arak
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes
Title of funding source
Deputy of Research and Technology of 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

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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