Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Jun 2026

The impact of cognitive-behavioral therapy on sexual function, sexual satisfaction and self- efficiency in Nulliparous pregnant women

Protocol summary

Summary

The present study aimed to investigate the effect of behavioral-cognitive therapy to improve the sexual function, satisfaction and self-efficiency in first-pregnancy women that increases spouse satisfaction and make the family relations strong. The inclusion criteria involve: first pregnancy, age of 18-35, pregnancy age of 14-16 weeks. The exclusion criteria involve: abortion history, alcohol use, smoking, drugs effective on sexual tendency, having chronic diseases, having sexual disorder before pregnancy,having Pregnancy complications. This clinical trial included three separate questionnaires such as questionnaire of sexual function, satisfaction and self-efficiency. Those who received low score in all three questionnaires (n=32)were selected. Samples are randomly divided into two control and treatment groups. The treatment group received eight session of cognitive- behavior counseling and control group received routine pregnancy care. Then two weeks and 4 weeks after finishing interventions, post-test was performed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016111230850N1**
Registration date: **2017-01-24, 1395/11/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-01-24, 1395/11/05

Registrant information

Name

Mina Nezamnia

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 4421 7538

Email address

minanezamnia@gmail.com

Recruitment status

Recruitment complete

Funding source

University of Jundishapur of Ahvaz

Expected recruitment start date

2016-12-05, 1395/09/15

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of cognitive-behavioral therapy on sexual function, sexual satisfaction and self- efficiency in Nulliparous pregnant women

Public title

The impact of cognitive-behavioral therapy on sexual function, sexual satisfaction and self- efficiency in pregnant women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: have at least read and write, aged 18 to 35 years; first pregnancy; gestational age 14 to 16 weeks Exclusion criteria: having a history of miscarriage; pregnancy complications (placenta previa threatened abortion، gestational hypertension); sexual disorder

before pregnancy; use alcohol and cigarettes; drugs that affect sexual desire (such as antihypertensive drugs of antidepressants); having chronic physical and mental illnesses

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **32**

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
Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address
Department of Research and Information Technology University of Medical Sciences, Ahvaz Jundishapour, Ground Floor, City University

City
Ahvaz

Postal code
15794-61357

Approval date
2016-11-21, 1395/09/01

Ethics committee reference number
IR.AJUMS.REC.1395.484

Health conditions studied

1

Description of health condition studied
Disorder of sexual function

ICD-10 code
f52.9

ICD-10 code description
lack or disorder of sexual function

Primary outcomes

1

Description
Sexual self-efficacy index

Timepoint
Before the intervention, two weeks and four weeks after the intervention.

Method of measurement
Schwartz sexual self-efficacy questionnaire

2

Description
Female Sexual Function Index(FSFI)

Timepoint
Before the intervention, two weeks and four weeks after the intervention.

Method of measurement
Female Sexual Function Questionnaire

3

Description
Sexual Satisfaction Index(ISS)

Timepoint
Before the intervention, two weeks and four weeks after the intervention.

Method of measurement
Larson Sexual satisfaction questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Consultations are done a week for 8 sessions of 45-minute sessions on an individual basis and Each session has a specific structure

Category
Behavior

2

Description
The control group only received prenatal care

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
East's number one health center in Ahvaz

Full name of responsible person

Minanezamnia

Street address

Ayatollah Behbahani superhighway,7 tir park opposite

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Ahvaz JundiShapur University of Medical Sciences

Full name of responsible person

Dr Behzad Makhmal zade

Street address

Ahvaz Jundishapur University of Medical Sciences, opposite the central building, Vice Chancellor for Research, Ahvaz University of Medical Sciences

City

Ahvaz

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, Ahvaz JundiShapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mina Nezamnia

Position

Student Master of consultation in Midwifery

Other areas of specialty/work

Street address

Ahvaz Jundishapur University of Medical Sciences, College of Nursing and Midwifery

City

Ahvaz

Postal code

7661738117

Phone

+98 61 3336 7543

Fax

Email

Minanezamnia@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mina Irvani

Position

Phd of reproductive health

Other areas of specialty/work

Street address

Ahvaz Jundishapur University of Medical Sciences, College of Nursing and Midwifery

City

Ahvaz

Postal code

09861357- 15794

Phone

+98 61 3336 7543

Fax

Email

minairavani2004@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mina Nezamnia

Position

Student Master of consultation in Midwifery

Other areas of specialty/work

Street address

Kuzestan-Ahvaz-Golestan Blvd

City

Bam

Postal code

7661738117

Phone

+98 936 308 7317

Fax

Email

minanezamnia@gmail.com

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