

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 2026

Effectiveness of Emotion-focused group therapy on Emotional expressiveness and sexual functioning in women with type 2 diabetes

Protocol summary

Summary

Objective: The aim of this study was to investigate effectiveness of Emotionally focused group therapy (EFT) on improving emotional expressiveness and sexual function in women with type 2 diabetes. Design: Statistical population consisted of all women with type 2 diabetes that recruited through DaneshAmoz Health Center in Mashhad city in 2015. 24 women diagnosed with type 2 diabetes were chosen via available and judgmental sampling. Setting and conduct: It was used emotional expressiveness Questionnaire (EEQ) and Female sexual function Index (FSFI). 24 women diagnosed with type 2 diabetes were selected and they were assigned randomly in to an experimental group and a control group. The treatment consisted of Emotionally focused group therapy (EFT) that consisted of eight 90-min weekly group sessions in each session and control group did not receive any treatment. After treatment, both groups were completed questionnaires. The intervention was performed on the Clinical Psychology and Counseling Center at the Ferdowsi University of Mashhad (Iran). Inclusion criteria: ages less 40 years, suffered from type 2 diabetes, had Diabetes for at least two years. Exclusion criteria: had severe somatic illness and psychiatric disorder, had Gestational Diabetes Mellitus, to use psychiatric drugs. The treatment consisted of Emotionally focused group therapy (EFT). Primary outcome variables are emotional expressiveness and sexual function.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092036291N1**

Registration date: **2017-10-08, 1396/07/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-08, 1396/07/16

Registrant information

Name

Bibi Somayyeh Ahmadi Bajestani

Name of organization / entity

Ferdowsi University of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 3880 5869

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-08-06, 1394/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Emotion-focused group therapy on Emotional expressiveness and sexual functioning in women with type 2 diabetes

Public title

The effectiveness of Emotion-focused group therapy on improving Emotional expressiveness and sexual functioning in women with type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: ages less 40 years, suffered from type 2 diabetics, had Diabetes for at least two years.

Exclusion criteria: had severe somatic illness and psychiatric disorder, had Gestational Diabetes Mellitus, use psychiatric drugs.

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

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 Ferdowsi University of Mashhad

Street address

faculty of psychology, Ferdowsi University of Mashhad, Azadi Sq, Mashhad

City

Mashhad

Postal code**Approval date**

2015-05-12, 1394/02/22

Ethics committee reference number

3/37616

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

type 2 diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

Emotional expressiveness

Timepoint

before and after treatment

Method of measurement

Emotional Expressiveness Questionnaire (EEQ)

2**Description**

sexual functioning

Timepoint

before and after treatment

Method of measurement

Female Sexual Function Index (FSFI)

Secondary outcomes

empty

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

Intervention group 1: Emotionally focused group therapy treatment sessions comprised of eight 90min group session. Protocol consisted of Emotionally focused therapy protocol based on Susan Johnson (2004). Session-by-session outlines are presented. Session 1: introduction, making contact, create a therapeutic relationship; Session 2: Identification of the cycle of negative interactions and express forms of relational patterns for couples; Session 3: Discerning the underlying feeling or emotion; Session 4: Reframing the problems resulting from the cycle of negative interactions and attachment needs; Session 5: Having access to underlying fears and needs of attachment; Session 6 : Promotion of acceptance by the other spouse; Session 7: Smoothing the way for expression of needs and wants, and restructuring new models of interaction on the basis of new perceptions from each other and create ; Session 8: Providing new solutions for old challenges and Strengthening new positions and cycle of behavior and emotional.

Category

Behavior

2**Description**

control group: Control group did not receive any treatment and after the initial eight-week delay, all those in the control group condition received the intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

DaneshAmooz Health Center

Full name of responsible person

Mrs Afghani

Street address

Diabetic part, DaneshAmooz Health Center, near intersection of DaneshAmooz and Farhang boulevard, Mashhad, Iran

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ferdowsi University of Mashhad

Full name of responsible person

Dr Mohammad Javad Asghari EbrahimAbad

Position

phd

Other areas of specialty/work

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Ferdowsi University of Mashhad

Full name of responsible person

Dr Bahrami Ahmad

Street address

Vice president for research, Ferdowsi University of Mashhad , Azadi, Sq, Mashhad, Iran

City

Mashhad

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 Ferdowsi University of Mashhad

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

Ferdowsi University of Mashhad

Full name of responsible person

BiBi Somayyeh Ahmadi Bajestani

Position

Master in family counseling

Other areas of specialty/work

Street address

Person responsible for updating data

Contact

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Full name of responsible person

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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