

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of cognitive behavior therapy on attitude of in fertile individual toward adoption

Protocol summary

Study aim

Determining the Effect of Cognitive-Behavioral Counseling on Attitude toward Adoption in Infertile persons

Design

Clinical trial with control group, intervention, simple randomization, 32 patients under consultation and 32 controls

Settings and conduct

Infertility center Afzalipour Kerman Hospital. Persons fill out the attitude towards adopting the questionnaire in the same way. Then they are randomly assigned to two groups; intervention and control. The intervention group is counseled and both groups complete the questionnaire.

Participants/Inclusion and exclusion criteria

Entrance: Initial infertility and don't have mental illness;
No entry: Pregnancy and not attending two consultation sessions

Intervention groups

The effect of cognitive-behavioral counseling on attitude towards adoption in intervention and Lack of advice in control group and in this group, They only fill in the questionnaire

Main outcome variables

Cognitive Behavioral Counseling, Attitude towards Adoption

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151103024866N10**

Registration date: **2018-10-01, 1397/07/09**

Registration timing: **retrospective**

Last update: **2018-10-01, 1397/07/09**

Update count: **0**

Registration date

2018-10-01, 1397/07/09

Registrant information

Name

Katayoun Alidoosti

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

alidoosti@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-23, 1397/05/01

Expected recruitment end date

2018-09-06, 1397/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavior therapy on attitude of in fertile individual toward adoption

Public title

The effect of cognitive behavior therapy on attitude of in fertile individual toward adoption

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Primary infertility Not having mental illness

Exclusion criteria:

Not attending at least two consultation sessions

Pregnancy

Age

From **18 years** old to **49 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization

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

Ethical Committee of Kerman University of Medical Sciences

Street address

Haft Bagh Alavi Blvd, Rediseh University of Medical Sciences, Razi Nursing & Midwifery, Kerman

City

kerman

Province

Kerman

Postal code

7636117143

Approval date

2018-07-12, 1397/04/21

Ethics committee reference number

IR.KMU.REC.1397.114

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Attitude

Timepoint

pretest and post test

Method of measurement

questionary

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Individuals in this group will participate in five cognitive-behavioral counseling sessions according to the following program: Session 1: The purpose of the inferential opinion polls and parenting ways Pre-test-Ineffective attitudes and thought impacts Impact of Negative and Positive attitudes. Session 2: A review of the ineffective attitudes of the first meeting notes - Questions and Answers on the Angle and Label, and explaining the importance of the people's words. Anxiety reduction strategies (anger management, stress management, thought stopping, respiratory and muscle relaxation, reconstruction). Cognitive). Third Session: Spirituality and Influence of Safe Attachment to God in Quality of Life Growth after Damage to Religious and Spiritual Beliefs Ownership to Children - The legitimacy and illegitimacy of human reverence in Islam The will and discretion of human actions. Session 4: Practicing slowly breathing and muscular tones on disoriented attitudes during past sessions of poverty and luxuries The influence of the gene and the environment on the fate of humans. Session V: Legal Processes Adopting Adopted Terms of Conduct Post-test

Category

Behavior

2

Description

Control group: The control group will not receive any intervention and only complete the questionnaire.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

AfzaliPour Hospital

Full name of responsible person

Katayoun Alidoosti

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kerman University of Medical Sciences
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kerman University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Kerman University of Medical Sciences
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Position
Lecturer

Latest degree
Master
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable