

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of cognitive- behavioral counseling on the sexual compatibility in the newly wed couples: A randomized clinical trial

Protocol summary

Study aim

Cognitive- behavioral counseling effect on the sexual compatibility in the newly wed couples

Design

A clinical trial with a control group, community-based, practice-oriented, randomized

Settings and conduct

Place to do is in Sanandaj, From the newly married couples, The list of clients Pre-Marriage Counseling Centers is selected randomly, 160 of them were screened using Dr Laal sexual compatibility scale (1396) with having sexual compatibility intermediate with score of 70 to 104 are eligible to participate in the research are selected. Then participants were randomly selected in two groups of 40 intervention group with gender segregation and two groups of 40 people, control group from both sexes will be selected. Intervention group will attend 8 weekly group counseling sessions with a 120-minute cognitive-behavioral approach and the control group will not receive intervention. After 2 months, the post-test is conducted using the mentioned scale.

Participants/Inclusion and exclusion criteria

Duration of marriage from 6 months to 1 year, willing to participate in the study, Not having a history of alcohol use and Sexual enhancement drugs, Not any sexual dysfunction, Minimum elementary level education, Lack of pregnancy Not attending in sessions 2 times or more, Incomplete answers or completion of the questionnaire halfway, Lack of consent to continue participating

Intervention groups

The research is a clinical trial and is carried out by experimental and intervention method and a two-month follow-up test with two intervention groups and one control group. The independent variable of cognitive-behavioral counseling is the dependent variable of sexual compatibility and gender.

Main outcome variables

Improving couples relationships, enjoying life, Increased durability of life and promoting sexual health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181006041254N1**

Registration date: **2018-11-03, 1397/08/12**

Registration timing: **prospective**

Last update: **2018-11-03, 1397/08/12**

Update count: **0**

Registration date

2018-11-03, 1397/08/12

Registrant information

Name

Parvin Allahyari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3826 1081

Email address

p.allahyari@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-16, 1397/08/25

Expected recruitment end date

2019-01-15, 1397/10/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive- behavioral counseling on the sexual compatibility in the newly wed couples: A randomized clinical trial

Public title

The effect of cognitive- behavioral counseling on the sexual compatibility in the newly wed couples

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Duration of marriage from 6 months to 1 year People willing to participate in the study Not having a history of alcohol use and Sexual enhancement drugs Not being treated by a gynecologist urologist and psychologist for sexual dysfunction There are no genetic abnormalities in the anatomy and sexual function Lack of previous marriage Lack of diseases affecting sexual function such as diabetes Minimum elementary level education There is no serious problem with detected sexual incompatibility Lack of pregnancy

Exclusion criteria:

Not attending in meetings 2 times or more Incomplete answers or completion of the questionnaire halfway Lack of consent of the individual to continue participating in the study

Age

From **20 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

A simple randomization method will be used to implement random assignment. In such a way that 80 consecutive (Since each pair is wedded, A number will be considered for For 1 paired) numbers are written on a separate paper and placed in a container. The even numbers will be assigned to group A (control) and the individual numbers will be grouped into group B (intervention). To assimilate the number of choices in the groups, the numbers removed will not be returned to the dish. Lack of information of those who are responsible for assigning participants to study groups, in each group prevents the impact of these participants and the possibility of changing persons of by the researcher or anyone else. Participants are unaware of the quiddity of the control or intervention of A and B groups (Hiding Assignment).

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

There are two groups of intervention and control that only the intervention group will receive education and counseling.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of Medical Sciences

Street address

Kermanshah University of Medical Sciences, Dolatabad, Kermanshah, IRAN

City

Kermanshah

Province

Kermanshah

Postal code

6714673159

Approval date

2018-09-05, 1397/06/14

Ethics committee reference number

IR.KUMS.REC.1397.516

Health conditions studied

1

Description of health condition studied

Sexual compatibility

ICD-10 code

F52.1

ICD-10 code description

Either the prospect of sexual interaction produces sufficient fear or anxiety that sexual activity is avoided (sexual aversion) or sexual responses occur normally and orgasm is experienced but there is a lack of appropriate pleasure (lack of sexual enjoyment)

Primary outcomes

1

Description

Sexual compatibility

Timepoint

Weekly for 2 months

Method of measurement

Sexual compatibility questioner of doctor Laal

Secondary outcomes

empty

Intervention groups

1

Description

Newly married couples, the list of clients Pre-Marriage Counseling Centers is selected randomly, 160 of them were screened using Dr Laal sexual compatibility scale (1396) with having sexual compatibility intermediate with score of 70 to 104 are eligible to participate in the research are selected. Then participants were randomly selected in two groups of 40 intervention group with gender segregation . Intervention group will attend 8 weekly group counseling sessions with a 120-minute cognitive-behavioral approach .After 2 months, the post-test is conducted using the mentioned scale

Category

Behavior

2

Description

Newly married couples, the list of clients Pre-Marriage Counseling Centers is selected randomly, 160 of them were screened using Dr Laal sexual compatibility scale (1396) with having sexual compatibility intermediate with score of 70 to 104 are eligible to participate in the research are selected. Then participants were randomly selected in two groups of 40 intervention group with gender segregation and two groups of 40 people, control group from both sexes will be selected. control group will not receive intervention. After 2 months, the post-test is conducted using the mentioned scale

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sanandaj city pre-marriage counseling centers

Full name of responsible person

Parvin Allah yari

Street address

Safari St.

City

Sanandaj

Province

Kurdistan

Postal code

6617713446

Phone

+98 87 3366 4645

Email

bidarpour@muk.ac.ir

Web page address

<http://research.muk.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

Street address

Dolatabad, Kermanshah University of Medical Sciences, Kermanshah, IRAN

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khamzehee@kums.ac.ir

Grant name

Master of Science Thesis

Grant code / Reference number

IR.KUMS.REC.1397.516

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Parvin Allahyari

Position

MA(student= counseling on midwifery)

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Mitra Kolivand
Position
Associate Professor of Nursury and Midwifery
Latest degree
Ph.D.
Other areas of specialty/work
Fertility Health
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Fax
Email
mitrakolivand@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Parvin Allahyari
Position
MA(student= counseling on midwifery)
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
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Province
Kermanshah
Postal code
6715847141
Phone
+98 83 3826 1081
Fax
Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data is from the proposal, raw data and project reports

When the data will become available and for how long

Data is available from the legal system six months after publication for two years

To whom data/document is available

All persons will be able to access the Kurdistan University of Medical Sciences's request to the Kermanshah University of Medical Sciences.

Under which criteria data/document could be used

For legal issues and the need to use data in future studies

From where data/document is obtainable

Mitra Kolivand, Parvin Allah Yari

What processes are involved for a request to access data/document

After submitting a request to the Kermanshah Research and Technology Dept. of Science and Technology, a call for submission is given.

Comments