Clinical Trial Protocol
Iranian Registry of Clinical Trials

25 Oct 2026

The effectiveness of Eclectic Cognitive Behavioral and Psycho-educational Counselling on the sexual dysfunction of women referred to Imam Ali hospital in the city of Zarand in 2019

Protocol summary

Study aim

The effectiveness of Eclectic Cognitive Behavioral and Psycho-educational Counselling on the sexual dysfunction of women referred to Imam Ali hospital in the city of Zarand

Design

A clinical trial study has a control group.The statistical population includes 70 married women who come to the hospital clinic who have entry criteria and They will be randomly divided into two groups of intervention and control, which will be assigned to the coupled and individual days.

Settings and conduct

After a pretest, cognitive behavioral and psycho-educational group counselling sessions will be held in 8 sessions of 90 minutes, two sessions a weeks for the women in the intervention group and One month after the end of the sessions, the post-test is taken from both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Absence of any illness that affects sexual function Do not take anti-hypertensive medications, antidepressants, antihistamines, birth control pills. Married and living a stable life with her husband. Not having substance abuse and alcohol in her spouse Not being pregnant or breastfeeding Having over 20 years of age and not being at the time of menopause The absence of spouses of these women for early ejaculation or sexual discomfort, according to the person herself The lack of mental illnesses such as depression Previous undesirable sexual experience and aggression. Lack of infertility Earn a score lower than the cut point (score 28) in the questionnaire. Desire to cooperate and complete the consent form.age of 20_50 years. Exit :Exit yourself from studying and unwillingness to work together Not attending counseling sessions in full

Intervention groups

Intervention in the form Eclectic Cognitive Behavioral and Psycho-educational Counselling for 8 sessions, each session 90 minutes, twice a week

Main outcome variables

Improvement of sexual dysfunction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170611034452N6**
Registration date: **2019-02-20, 1397/12/01**
Registration timing: **registered_while_recruiting**

Last update: **2019-02-20, 1397/12/01**
Update count: **0**

Registration date

2019-02-20, 1397/12/01

Registrant information

Name

Atefeh Ahmadi

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5205

Email address

a.ahmadi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-15, 1397/11/26

Expected recruitment end date

2019-09-15, 1398/06/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of Eclectic Cognitive Behavioral and Psycho-educational Counselling on the sexual dysfunction of women referred to Imam Ali hospital in the city of Zarand in 2019

Public title

Effectiveness of Eclectic Counselling on women sexual dysfunction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Absence of any illness that affects sexual function (such as systemic diseases, including liver, kidney and heart failure, diabetes, thyroid failure, malignant diseases). Do not take anti-hypertensive medications, antidepressants, antihistamines, birth control pills Married and living a stable life with her husband Not having substance abuse and alcohol in her spouse Not being pregnant or breastfeeding The absence of spouses of these women for early ejaculation or sexual discomfort, according to the person herself The lack of mental illnesses such as depression Previous undesirable sexual experience and aggression Lack of infertility Earn a score lower than the cut point (score 28) in the questionnaire Desire to cooperate and complete the consent form age of 20 _50 years

Exclusion criteria:

Exit yourself from studying and unwillingness to work together Not attending counseling sessions in full

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Not 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 Kerman University of Medical Sciences

Street address

Haft Bagh Alavi

City

kerman

Province

Kerman

Postal code

7616913555

Approval date

2019-02-13, 1397/11/24

Ethics committee reference number

IR.KMU.REC.1397.429

Health conditions studied

1

Description of health condition studied

sexual dysfunction

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction not due to a substance or known physiological condition

Primary outcomes

1

Description

Sexual dysfunction

Timepoint

Before intervention and one month after intervention

Method of measurement

Femal Sexual Function Index questionnaire

Secondary outcomes

1

Description

Sexual dysfunction

Timepoint

Before intervention and one month after intervention

Method of measurement

Femal Sexual Function Index questionnaire

Intervention groups

1

Description
Intervention group: Intervention in the form of cognitive behavioral and psycho-educational group counselling in women with a sexual function score of 28 or less are twice weekly for 90 minutes over a period of 4 weeks in the intervention group.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Ali Hospital of Zarand
Full name of responsible person
Zahra Zangiabadizadeh
Street address
Zarand Imam Ali Hospital
City
Zarand
Province
Kerman
Postal code
7613694333
Phone
+98 34 3342 5000
Email
zahra.zangiabadizadeh@gmil.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Dr Abbas Pardakhty
Street address
Haft-Bagh Alavi
City
Kerman
Province
Kerman
Postal code
7616913555
Phone
+98 34 3132 5700
Fax
+98 34 3132 5220
Email
drpardakhti@yahoo.com
Web page address
http://www.kmu.ac.ir/fa
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
Full name of responsible person
Dr Atefeh Ahmadi
Position
proffessor asistant
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Kerman Haft-Bagh Alavi
City
Kerman
Province
Kerman
Postal code
7616913555
Phone
+98 34 3132 5700
Email
a.ahmadi@kmu.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Dr Firoozeh Mirzaee
Position
proffessor asistant
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive Health
Street address
Kerman Haft-Bagh Alavi
City
Kerman
Province

Kerman

Postal code
7616913555

Phone
+98 34 3132 5700

Email
F_mirzaee@kmu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Kerman University of Medical Sciences

Full name of responsible person
Dr Atefeh Ahmadi

Position
proffessor asistant

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

Street address
Kerman Haft-Bagh Alavi

City
Kerman

Province
Kerman

Postal code
7616913555

Phone
+98 34 3132 5700

Email
a.ahmadi@kmu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Yes - There is 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
Undecided - It is not yet known if there will be a plan to make this available

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

Title and more details about the data/document
Data on the main research consequences after the completion of research work is available.

When the data will become available and for how long
Start accessing the data immediately after printing the results.

To whom data/document is available
Researchers in academia are able to access research data.

Under which criteria data/document could be used
Use of data is permitted for use in supplementary research.

From where data/document is obtainable
The applicant can contact the researcher to receive information via email. monashirzad1992@yahoo.com. zahra.zangiabadizadeh@gmail.com

What processes are involved for a request to access data/document
After submitting a written request from the applicant, the data will be provided to him as soon as possible.

Comments