

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 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

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Zarand Imam Ali Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr Abbas Pardakhti

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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

professor assistant

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Dr Firoozeh Mirzaee

Position

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Reproductive Health

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Person responsible for updating data

Contact

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Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Email

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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