

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Comparison of the effectiveness of Cognitive-Behavioral Therapy (CBT) and Drug Therapy (Bupropion) on Female Sexual Anxiety

Protocol summary

Study aim

The Comparison of Cognitive Behavioral Therapy (CBT) vs Drug Bupropion Therapy on Anxiety of Sexual Relationship and Marital Conflict

Design

45 patients were selected randomly among those referring to treatment centers, then 15 of them were trained cognitive-behavioral therapy and 15 subjects were treated with bupropion and 15 got no intervention as controls.

Settings and conduct

The research was a semi-experimental one which was divided into three groups based on pre-test post-test design. The statistical population of the study included people who referred to midwifery offices and psychiatric clinics in Neyshabur with a sexual anxiety complaint and were assigned to three groups (cognitive-behavioral therapy, pharmacotherapy, and control group). The first group received 8 treatments for cognitive behavioral therapy and the second group received medication, during which time the control group received no psychological or medication intervention. All three groups were evaluated at the beginning and at the end of the research by questionnaires.

Participants/Inclusion and exclusion criteria

married Age range 20 to 45 years old and have sex anxiety

Intervention groups

The first group: cognitive-behavioral therapy, the second group: medication, the third group: control group who received no treatment

Main outcome variables

Decreased sex anxiety after receiving psychological and pharmaceutical treatment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190122042461N1**

Registration date: **2019-02-27, 1397/12/08**

Registration timing: **retrospective**

Last update: **2019-02-27, 1397/12/08**

Update count: **0**

Registration date

2019-02-27, 1397/12/08

Registrant information

Name

sara rajabpour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4221 0880

Email address

sh.rajabpour@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-21, 1397/02/01

Expected recruitment end date

2019-01-20, 1397/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of Cognitive-Behavioral Therapy (CBT) and Drug Therapy (Bupropion) on Female Sexual Anxiety

Public title

Comparison of the effectiveness of Cognitive-Behavioral Therapy and Drug Therapy (Bupropion) on Sexual Anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

married aging between 20-45 years Having anxiety sex

Exclusion criteria:

Single Age less than 20 years and more than 45 years

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **45**

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.research.ac.ir

Street address

NO.1299,Mikhak Ave,Emam ,Blvd

City

Neyshabur

Province

Razavi Khorasan

Postal code

9371937

Approval date

2018-12-18, 1397/09/27

Ethics committee reference number

IR.IAU.NEYSHABUR.REC.1397.014

Health conditions studied

1

Description of health condition studied

Sexual Anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

score of Anxiety Inventory Sex

Timepoint

Measuring sexual anxiety before and after cognitive behavioral and drug therapy

Method of measurement

Sexual Anxiety Scale

Secondary outcomes

1

Description

Marital conflict testing

Timepoint

Sexual anxiety and marital conflict before and after intervention in a 30-day period

Method of measurement

Use of Marital Conflict Questionnaire

Intervention groups

1

Description

First intervention group: Cognitive-behavioral therapy education. Cognitive-behavioral learning changes people's thinking and communication as their own. This kind of training includes: Encountering anxieties and stimuli. So, people can make up their anxious feelings in any situation by creating new associations. Also, based on this kind of education, people are rebuilding their inefficient knowledge. Also, based on this type of training, people are rebuilding their inefficient knowledge. This training takes place in 8 sessions of 45 minutes, which is held weekly

Category

Treatment - Other

2

Description

Second intervention group: Bupropion 75 mg daily, for 8 weeks, Velban product

Category

Treatment - Other

3

Description

Control group: control group, who did not receive any

treatment
Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Women's clinics and psychiatric clinics
Full name of responsible person
Sara Rajabpour
Street address
N.1299,Mikhak Ave ,EmamBlvd
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
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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
Islamic Azad University
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
Islamic Azad University
Full name of responsible person
Sara Rajabpour
Position
Phd student
Latest degree
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Other areas of specialty/work
Psychology
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Person responsible for updating data

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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

Only part of the data is shared (data about the result of the data)

When the data will become available and for how long

Starting the access period from 2020

To whom data/document is available

Academic Researchers and Student

Under which criteria data/document could be used

Only to investigate female sexual anxiety

From where data/document is obtainable

Neyshabur, N:1299, Ave Mikhak, Blvd Emam

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

Sexual Anxiety, Bupropion, Marital Conflict, Cognitive Behavioral Therapy.

Comments