Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
۹۳۷۱۹۳۷
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

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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

Master

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