Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of hypnotherapy and behavioural therapy on sexual function, catastrophizing pain and fear of sexual intercourse in women diagnosed with Genito-Pelvic Pain/Penetration Disorder

Protocol summary

Study aim
The purpose of this study is to compare the effectiveness of behavioral therapy and hypnotherapy on sexual function, catastrophizing pain and fear of sexual intercourse in women with Genito-Pelvic Pain/Penetration Disorder

Design
Clinical trial with follow-up and control group, with parallel groups, not blind, randomized،including 45 women with GPPPD divided into three groups of 15 people

Settings and conduct
This study take place in Dr.Mokhtary' office.Treatment is performed individually.There are three questionnairs that they have to fill out in the begining,the end and a two-month fallow up.

Participants/Inclusion and exclusion criteria
Diagnosis of GPPPD, married, age between 15 to 35 years; ability to read and write, not having physical abnormality related to diagnosis, not having severe marital problem; absent for more than two sessions, not fill out the forms; and hypnotic susceptibility less than two for hypnotherapy group.

Intervention groups
hypnotherapy and behavioral therapy

Main outcome variables
sexual function catastrophizing pain fear of sexual intercourse

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190204042619N1**
Registration date: **2019-07-19, 1398/04/28**
Registration timing: **registered_while_recruiting**
Last update: **2019-07-19, 1398/04/28**
Update count: **0**

Registration date
2019-07-19, 1398/04/28

Registrant information
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Farzaneh Baktriya
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-06-08, 1398/03/18

Expected recruitment end date
2019-08-21, 1398/05/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of hypnotherapy and behavioural therapy on sexual function, catastrophizing pain and fear of sexual intercourse in women diagnosed with Genito-Pelvic Pain/Penetration Disorder

Public title
Behavioral therapy versus Hypnotherapy in women diagnosed with Vaginismus

Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Diagnosis of GPPPD by a gynecologist. Ability to write and read. Not having related physical diseases Not having severe marital problem Not having severe psychological disorders The Stanford hypnotic susceptibility should be at least in the medium range.
Exclusion criteria:
Hypnotic susceptibility less than two Not fill out the questionnaires Be absent more than two sessions
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
Using the purposeful sampling, forty-five people are randomly assigned to three 15-member groups by minimization method. For this purpose the order of the groups is randomly determined and the first participant is allocated to a treatment group considering the produced order and the next participants enter the next groups respectively.
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 committees of Semnan University of Medical Sciences
Street address
Semnan University of Medical Sciences.Basij Blvd.Semnan.Iran
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3519899951
Approval date
2019-05-28, 1398/03/07
Ethics committee reference number
IR.SEMUMS.REC.1398.053

Health conditions studied

1

Description of health condition studied
Genito-Pelvic Pain/Penetration Disorder
ICD-10 code
N94.2
ICD-10 code description
Vaginismus

Primary outcomes

1

Description
sexual function
Timepoint
Before intervention, after intercourse , and a two- month follow-up
Method of measurement
sexual function questionnaire

2

Description
catastrophizing pain
Timepoint
Before intervention, after intercourse , and a two-month follow-up
Method of measurement
catastrophizing pain questionnaire (Salivan & AL,1995)

3

Description
fear of sexual intercourse
Timepoint
Before intervention, after intercourse , and a two-month follow-up
Method of measurement
fear of sexual intercours questionnaire (Jaber & Al,1378)

Secondary outcomes

empty

Intervention groups

1

Description
The behavior group receive eight individual sessions of 45-60 minutes each week (Al-Sughayir protocol 2005).
Category
Behavior

2

Description
hypnotherapy group receives maximum six individual sessions,90 minutes hypnosis with systematic desensitization (Fuchs.Karl,1980).

Category
Treatment - Other

3

Description
Control group after the end of study can choose one type of treatment.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Dr.Mokhtari's office

Full name of responsible person
Farzaneh Baktriya

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No 3072,third floor,Valiasr street

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Sponsors / Funding sources

1

Sponsor

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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
researchee

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

2

Sponsor

Name of organization / entity
Vice Chancellor for Research and Technology of Semnan University

Full name of responsible person
Dr.Ali Haghighi Asl

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Yes

Title of funding source
Vice Chancellor for Research and Technology of Semnan 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
Faculty of Psychology & Education Mehdishahr

Full name of responsible person
Farzaneh Baktriya

Position
PhD student of psychology

Latest degree
Master

Other areas of specialty/work
Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Not applicable

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

Data Dictionary
Not applicable