

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Investigation of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

Protocol summary

Study aim

Determination of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

Design

Clinical trial with four intervention groups and four control groups, with parallel groups, one blind, Random with simple random assignment, sample size 80

Settings and conduct

This study is carried out on married women adolescent of urban and rural referring to health centers and schools of Darab city and villages. In the intervention group, the functional analytic psychotherapy -enhanced cognitive counselling is conducted by the researcher during 16 sessions of 90 minutes and 2 times a week, and In the control group, common training will be done

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being Iranian, Resident of Darab, Having at least literacy(reading and writing), The stressful incident has not occurred in the past month, Age range is 19-15 years, Her husband is a single wife, No having Towards Extramarital Relations, She is currently living with her husband, Not pregnant, There is no history of surgery in the genital area, Have sex at least once a week, Wife has no sexual problem, Marriage is officially, At least one year has passed since marriage
Exclusion criteria: Having special medical condition, having mental and psychological problems, Couples do have drug addiction and alcoholic beverages

Intervention groups

The Intervention group includes married women adolescent from urban and rural schools and are visiting urban and rural health clinics who receive functional analytical psychotherapy enhanced cognitive counseling. The control group includes married women adolescent who receive routine education in schools and clinics.

Main outcome variables

Sexual Quality of Life; Sexual Self-Efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190217042736N1**

Registration date: **2019-06-13, 1398/03/23**

Registration timing: **prospective**

Last update: **2019-06-13, 1398/03/23**

Update count: **0**

Registration date

2019-06-13, 1398/03/23

Registrant information

Name

Maryam GHolami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5362 0111

Email address

maryamgholami121072@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-01, 1398/04/10

Expected recruitment end date

2019-09-21, 1398/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigation of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

Public title
Investigating of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Being Iranian Resident of Darab Having at least literacy (reading and writing) The stressful incident has not occurred in the past month Age range is 19-15 years Her husband is a single wife No having Towards Extramarital Relations She is currently living with her husband Not pregnant There is no history of surgery in the genital area Have sex at least once a week At least one year has passed since childbirth Wife has no sexual problem Marriage is officially Religion is Islam Shia religion At least one year has passed since marriage
Exclusion criteria:
Having special medical condition having mental and psychological problems Couples do have drug addiction and alcoholic beverages Couples do use effective drugs for sexual performance

Age
From **15 years** old to **19 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Individuals will be divided into intervention and control groups using simple random assignment by writing names on paper and making a lottery

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

Haftbagh Highway., Kerman University of Medical Sciences

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2019-02-23, 1397/12/04

Ethics committee reference number

IR.KMU.REC.1398.091

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

2

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

sexual quality of life score

Timepoint

Complete the questionnaire before the intervention and at the meeting3, 5, 7, 9, 11, 13, 15, 16

Method of measurement

Masoumi's Sexual quality of life questionnaire

2

Description

sexual self-efficacy score

Timepoint

Complete the questionnaire before the intervention and at the meeting3, 5, 7, 9, 11, 13, 15, 16

Method of measurement

Vaziri's sexual self-efficacy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group first: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Urban schools

Category

Behavior

2

Description

Intervention group second: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Rural schools

Category

Behavior

3

Description

Intervention group third: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Urban Clinic

Category

Behavior

4

Description

Intervention group fourth: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Rural clinic

Category

Behavior

5

Description

Control group: Common training

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Afsorde Shahid school

Full name of responsible person

Masoume Khademi

Street address

Dowlatabad village

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7481169371

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2

Recruitment center

Name of recruitment center

Dehkhoda school

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti

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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

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
Maryam Gholami
Position
student
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
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Person responsible for updating data

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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

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

Informed Consent Form

Undecided - It is not yet known if there will be 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