Clinical Trial Protocol
Iranian Registry of Clinical Trials

11 Oct 2026

The Effectiveness of Acceptance and Commitment Therapy on Sexual Self Efficacy and Sexual Quality of Life in Reproductive age women

Protocol summary

Study aim

Determining the effect of counseling approach based on admission and commitment on sexual quality of life and sexual self-efficacy in women of reproductive age

Design

Randomized clinical trial with control group

Settings and conduct

After obtaining the necessary permissions from the Research and Technology Dept. and the Ethics Committee of the University, eligible women referring to the two selected health centers of Isfahan are invited. After considering the entry and exit criteria of the study, 58 were targeted Then, according to the random numbers table, the subjects are divided into two equal groups of intervention and control. After obtaining informed consent, women's sexual quality of life questionnaires (SQOL-F) and Waziri and Lotfi's sex-self-efficacy questionnaire and demographic information questionnaire are completed by the subjects. It will consist of eight 90-minute weekly counseling sessions After completing the classes and one month later, the questionnaires were completed again and the results were analyzed using SPSS software. demographic،

Participants/Inclusion and exclusion criteria

The desire to participate in the study, being Iranian, living in Isfahan, age 25-40, having literacy and reading skills, married and having a spouse, the only person to be a spouse. According to the person, alcohol and drug addiction, use of drugs affecting sexual function, diseases affecting sexual function, psychiatric disorders and pregnancy.

Intervention groups

Women aged 25 to 40 are spouses

Main outcome variables

مشاوره گروهی با رویکرد اکت بر میزان خودکارآمدی جنسی وکیفیت زندگی جنسی زنان همسر دار 25تا 40 ساله تاثیر دارد

General information

Reason for update

Acronym

ACT.Acceptance Commitment Therapy

IRCT registration information

IRCT registration number: **IRCT20181208041893N1**
Registration date: **2019-05-13, 1398/02/23**
Registration timing: **retrospective**

Last update: **2019-05-13, 1398/02/23**
Update count: **0**

Registration date

2019-05-13, 1398/02/23

Registrant information

Name

Marziehsadat Rajaeizadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3267 0520

Email address

ms.rajaeizadeh@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-01, 1397/09/10

Expected recruitment end date

2019-03-30, 1398/01/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The Effectiveness of Acceptance and Commitment Therapy on Sexual Self Efficacy and Sexual Quality of Life in Reproductive age women

Public title
The Effectiveness of Acceptance and Commitment Therapy on Sexual Self Efficacy and Sexual Quality of Life in Reproductive age women

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
The desire to participate in the study Being Iranian Resident of esfahan Age 25 - 40 years Having reading and writing skills Married and having a spouse Only being a spouse

Exclusion criteria:
Drug addiction and alcohol in themselves or in spouse According to Fred, Taking effective drugs on sexual function Diseases Affecting Sexual Function Psychiatric disorders Being pregnant

Age
From **25 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **58**

Randomization (investigator's opinion)
Randomized

Randomization description
Of the patients referred to the selected clinics of Isfahan University of Medical Sciences, 58 subjects were selected by available sampling which had the criteria for entering the study, and then, after obtaining informed consent, using the random numbers table, they would be divided into equal and equal groups of intervention and control.

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 Shahid Sadoughi University of Medical Sciences, Yazd Sciences, Translations of s

Street address
Faculty of Midwifery Nursing، Bu'ali Alley،Thaisar Fallahi Avenue، Safaiyeh،Yazd

City
yazd

Province
Yazd

Postal code
03538241757

Approval date
2018-12-01, 1397/09/10

Ethics committee reference number
IR.SSU.REC.1397.111

Health conditions studied

1

Description of health condition studied
Sexual Self Efficacy and Sexual Quality of Life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Sex quality quality score and self-efficacy score

Timepoint
Measure the quality of life quality score and self-efficacy score before and after the month after the consultation

Method of measurement
Women's Quality of Life QOL-F Questionnaire and Sexual Self-Efficacy Questionnaire (Text in Persian) Vaziri and Lotfi

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A female partner of 25 to 40 years of age who has low sexual self-efficacy and low quality of life

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Health centers in Isfahan province

Full name of responsible person
Marzieh al-Sadat Rajaeizadeh

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no.25 ،allay Golbaran، Bozorgmehr Ave ،22 Bahman Ave
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yazd University of Medical Sciences
Full name of responsible person
Masoud Mirzaei
Street address
Faculty of Midwifery Nursing، Bu'ali Alley،Timsar Fallahi Avenue، Safaiyeh،Yazd
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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
Yazd 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
Yazd University of Medical Sciences
Full name of responsible person
Marzieh al-sadat Rajaeizadeh
Position
Master's degree in midwifery counseling
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
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Person responsible for scientific inquiries

Contact
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Dr Mahshid Bokaie
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PhD in Reproductive Health
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Person responsible for updating data

Contact
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Full name of responsible person
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Position
Master's degree in midwifery counseling
Latest degree
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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
The results of the clinical study will be published as a article

When the data will become available and for how long
Immediately after publishing the results

To whom data/document is available
all researchers

Under which criteria data/document could be used
Scientific use with reference to article

From where data/document is obtainable
Email:ms.rajaeizadeh@ssu.ac.ir

What processes are involved for a request to access data/document
Up to one week after correspondence by email

Comments