

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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 و کیفیت زندگی جنسی زنان همسر دار 25 تا 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

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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****Name of organization / entity**

Yazd University of Medical Sciences

Full name of responsible person

Dr Mahshid Bokaie

Position

PhD in Reproductive Health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for updating data**Contact****Name of organization / entity**

Yazd University of Medical Sciences

Full name of responsible person

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Position

Master's degree in midwifery counseling

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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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