

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The effectiveness of sexual health group counseling based on Cognitive Behavioral Approach on sexual satisfaction and stimulation of newly married women

Protocol summary

Study aim

The present study aimed to examine the effectiveness of the Health-Counseling (CBT) approach on the satisfaction and excitement of newly married women.

Design

A clinical trial with control group and parallel group design, randomized using random numbers table.

Settings and conduct

After obtaining of the code of ethics, coordination was conducted between Yazd University of Medical Sciences and Jiroft to start sampling at Number 1 Health Center in Jiroft city. Fifty individuals were selected as the statistical population. Then participants were randomly assigned to the intervention and control groups. The two groups completed the questionnaires first and then 8 sessions of sexual health counseling with cognitive behavioral approach were performed for the intervention group. The control group did not receive any intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Women aged 18-35 years, first marriage exceeding three months to one year of marriage, Iranian, literate, single spouse. Exclusion criteria: Forced marriage, diabetes, hypertension, self-addiction, spouse smoking, drug use, and stimulants According to psychiatrist, pregnancy.

Intervention groups

The intervention group (n = 25) had 8 sessions of 90 minutes counseling with cognitive therapy approach. The control group did not receive any intervention

Main outcome variables

Sexual satisfaction; Sexual arousal

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200214046486N1**

Registration date: **2020-03-22, 1399/01/03**

Registration timing: **retrospective**

Last update: **2020-03-22, 1399/01/03**

Update count: **0**

Registration date

2020-03-22, 1399/01/03

Registrant information

Name

Fariba Behzadpour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-30, 1397/10/09

Expected recruitment end date

2019-07-21, 1398/04/30

Actual recruitment start date

2019-01-02, 1397/10/12

Actual recruitment end date

2019-07-21, 1398/04/30

Trial completion date

2019-07-21, 1398/04/30

Scientific title

The effectiveness of sexual health group counseling based on Cognitive Behavioral Approach on sexual satisfaction and stimulation of newly married women

Public title

The effectiveness of sexual counseling based on Cognitive Behavioral Approach on sexual satisfaction and stimulation

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Women aged 18-35 years First marriage that three months to one year passed from their marriage Iranian literate single spouse permanent marriage continued sexual intercourse individual spouse consent to participate in this study

Exclusion criteria:

Forced Marriage Diabetes Hypertension Self and spouse cigarette addiction and drugs and stimulus according to psychiatrist diagnosis Pregnancy Any conditions that hinder sex Big stress in last 6 months

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: **50**

Actual sample size reached: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Fifty volunteers were selected as the statistical population according to the inclusion criteria and then were randomly divided into two equal groups of intervention (n = 25) and control (n = 25) using random numbers table.

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

Street address

Student Research Center of Yazd, School of Nursing and Midwifery, Bou Ali Alley, Timsar Fallahi Street, Safaiyie

City

Yazd

Province

Yazd

Postal code

8915173160

Approval date

2019-01-27, 1397/11/07

Ethics committee reference number

IR.SSU.REC.1397.117

Health conditions studied**1****Description of health condition studied**

Sexual health

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Sexual satisfaction score

Timepoint

Before the intervention, immediately after the intervention, one month after the end of the intervention

Method of measurement

Linda berg & crsey sexual Satisfaction

2**Description**

Sexual stimulation score

Timepoint

Before the intervention, immediately after the intervention, one month after the end of the intervention

Method of measurement

Linda berg & crsey sexual Stimulation

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The intervention group received 8 sessions of 90 minutes of sexual health counseling with cognitive behavioral approach once a week.

Category

Behavior

2**Description**

Control group: the control group did not receive any intervention. In the three pre-intervention stages,

immediately and one month after the intervention, the control group completed the questionnaires.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Jiroft City Health Center number 1

Full name of responsible person

Fariba Behzadpour

Street address

Center number 1 of Jiroft, next to the Blood Transfusion Center, Shafa Street

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saide.azaraeen@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Deputy of Research and Technology; Yazd University of Medical Sciences

Street address

School of Nursing and Midwifery, Bou Ali Alley, Timsar Fallahi Street, Safaiyie

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mah_bokaie@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Yazd University of Medical Science

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

Fariba behzadpour

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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Full name of responsible person

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Position

Master's degree in midwifery counseling

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Mahshid Bokaie

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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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

Demographic information collected with a demographic questionnaire; Data on Sexual Satisfaction and Sexuality Variables collected by Linda Berg Cross Sexual Satisfaction and Sexuality questionnaires; The research results can be shared after the article is published.

When the data will become available and for how long

Starting the access period after the final paper is published

To whom data/document is available

or researchers working in academic and scientific institutions

Under which criteria data/document could be used

Use cited data only for research design

From where data/document is obtainable

Correspondence via the following email addresses:
fsmah_bokaie@yahoo.com behzadpour_f@yahoo.com

What processes are involved for a request to access data/document

Depending on the type of request, the data will be provided to the Ethics Committee of Yazd University after submitting the documentation and receiving a letter.

Comments