Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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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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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School of Nursing and Midwifery, Bu'ali Alley, Timsar Fallahi Street, Safaiyie

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Person responsible for scientific inquiries

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Position
Master's degree in midwifery counseling

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

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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