Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The Effect of Positive psychology (optimistic) based Counseling on Sexual and Marital Satisfaction among Reproductive Aged Women during Corona Pandemic: A randomized controlled clinical trial

Protocol summary

Study aim

Determining the effect of counseling with a positive approach on sexual satisfaction and marital satisfaction of women of childbearing age in the COVID-19 pandemic

Design

A single blind RCT study on 72 women of childbearing age (36 in the intervention group and 36 in the control group) in which participants will be divided into two groups receiving the consultation and the control groups using the website www.random.org through block randomization with blocks of size four and six and the 1: 1 allocation ratio.

Settings and conduct

Sampling will be done from Tabriz health centers. Participants will complete the Anxiety, Sexual Satisfaction and Marital Satisfaction Questionnaires before the intervention and 4 weeks after the end of the counseling sessions.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Marriage; Being sexually active; Score 43 to 53 in anxiety; Sexual satisfaction score less than 100; Failure to receive individual counseling services during the study. Non-inclusion criteria: history of physical illnesses affecting sexual desire (disability, chronic physical illness such as MS); Cancer, stressful variables such as illness of a family member (cancer) or death of a first-degree family; Having mental illness in patient, his spouse or a family member according to the patient statement

Intervention groups

Intervention group: Receiving counseling with a positive psychology approach will be done during 8 90-minute group counseling sessions. Control group: There will also be a counseling session on methods of preventing sexually transmitted diseases.

Main outcome variables

Sexual satisfaction, marital satisfaction, latent and overt anxiety score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171007036615N8**
Registration date: **2021-11-28, 1400/09/07**
Registration timing: **registered_while_recruiting**

Last update: **2021-11-28, 1400/09/07**
Update count: **0**

Registration date

2021-11-28, 1400/09/07

Registrant information

Name

عصمت مهرابی

Name of organization / entity

دانشگاه علوم پزشکی تبریز

Country

Iran (Islamic Republic of)

Phone

+98 41 3477 0649

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mehrabie@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-11-11, 1400/08/20

Expected recruitment end date

2022-01-10, 1400/10/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Positive psychology (optimistic) based Counseling on Sexual and Marital Satisfaction among Reproductive Aged Women during Corona Pandemic: A randomized controlled clinical trial

Public title

The Effect of Positive psychology (optimistic) based Counseling on Sexual and Marital Satisfaction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being married and the spouse be alive Being sexually active Get a score of 43 to 53 in anxiety Sexual satisfaction score less than 100 Not receiving individual counseling services during participation in treatment sessions

Exclusion criteria:

Having a history of physical illnesses affecting sexual desire (having organ damage, having a chronic physical illness) Presence of physical and debilitating diseases such as cancer, MS and ... Stressful variables such as disability or illness of a family member (cancer, retardation, etc.) Mental illness of the patient, spouse or family member according to the patient report Occurrence of recent traumatic events and acute stressful problems such as the death of a first-degree family in recent months (death of child, father, etc.) Smoking, alcohol and drugs and other drugs that affect the body and mind Use of drugs that reduce sexual desire (antidepressants: fluoxetine, sertraline, paroxetine. Antihistamines: chlorpheniramine, drugs that affect blood pressure: clonidine, captopril, benzodiazepines such as alprazolam (Xanax) and .... Premature menopause Marital disputes affecting sexual relations (severe marital disputes that have led to divorce petitions)

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

Participants will be randomly divided into two groups using the website www.random.org and through random blocking with blocks of four and six and a ratio of 1: 1 to two groups (group receiving counseling and control group) Blocking will be done by a person not involved in sampling and data analysis. To hide the allocation, the type of intervention will be written on paper and placed inside the consecutively numbered envelopes (Allocation Concealment). The envelopes will be opened in order of entry of participants by the person not involved in sampling.

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 Tabriz University of Medical Sciences

Street address

Tabriz college of Nursing and Midwifery, South Shariati St., Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Approval date

2021-08-26, 1400/06/04

Ethics committee reference number

IR.TBZMED.REC.1400.677

Health conditions studied

1

Description of health condition studied

Sexual and Marital Satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Apparent and covert anxiety score

Timepoint

Before the intervention and 4 weeks after the intervention

Method of measurement

Spielberger Anxiety questioner

2

Description
Sexual satisfaction score
Timepoint
Before the intervention and 4 weeks after the intervention
Method of measurement
Larson questioner

3

Description
Marital satisfaction
Timepoint
Before the intervention and 4 weeks after the intervention
Method of measurement
Enrich questioner

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 8 90-minute sessions of positivity-based counseling with the content of appreciation, communication techniques, forgiveness, positive thinking, positive and effective communication, emphasis on individual abilities, etc. will be done in face-to-face and virtual group sessions.
Category
Behavior

2

Description
Control group: A contraceptive counseling session will be held for an average of 60-90 minutes.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Teymouri Health Center
Full name of responsible person
Dr. Kolsoom Masoumi Jarchloo
Street address
Behind Jihad Keshavarzi, Amirkabir alley, not far from Firooz alley, Laleh intersection, Tabriz
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mahdiearab1376@gmail.com

2

Recruitment center
Name of recruitment center
Marandian Health Center
Full name of responsible person
Dr. Laleh Sadeghi
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Haj Ghaffar Alley, old 17 Shahrivar St., Tabriz
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3

Recruitment center
Name of recruitment center
Eram Health Center
Full name of responsible person
Dr. Elham Gholamalipour
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Al-Mahdi Street, District 8, Eram Town, Tabriz
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4

Recruitment center
Name of recruitment center
Manzaria Health Center
Full name of responsible person
Dr. Mohammad Reza Mohammad Alizadeh Niazi
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Etesami Alley, Abadani Maskan, Abu Rihan Crossroads, Tabriz
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5

Recruitment center

Name of recruitment center

Shahid Monampour Health Center

Full name of responsible person

Dr Ali Agahi

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6

Recruitment center

Name of recruitment center

Ibn Sina Health Center

Full name of responsible person

Dr. Ahmad Namdari

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in front of Imam Hossein Mosque, 18 meters from Idem, Taleghani town, Tabriz

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Recruitment center

Name of recruitment center

Noor Health Center

Full name of responsible person

Dr. Hamid Mottaghi Khosroshahi

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8

Recruitment center

Name of recruitment center

Shahid Yahyawi Health Center

Full name of responsible person

Dr. Mahtab Montazer Bavil Aliai

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Azadi St., Shahid Jediri St., Tabriz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr Parviz Shahabi

Street address

Vice Chancellor for Technology Research, Tabriz University of Medical Sciences

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Tabriz

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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

Tabriz 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
Tabriz University of Medical Sciences

Full name of responsible person
Dr.Esmat Mehrabi

Position
Ph.D in reproductive health

Latest degree
Ph.D.

Other areas of specialty/work
Reproductive Health

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Tabriz University of Medical Sciences

Full name of responsible person
Dr.Esmat Mehrabi

Position
Ph.D in reproductive health

Latest degree
Ph.D.

Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
Ph.D in reproductive health

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no more information

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available