

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Effectiveness comparison of online relationship enhancement couple therapy program versus systematic desensitization on sexual relationship anxiety in women undergoing infertility treatment with timed intercourse

Protocol summary

Study aim

Effectiveness comparison of online relationship enhancement couple therapy versus systematic desensitization on sexual relationship anxiety in infertility

Design

This study is a quasi-experimental study with a parallel clinical trial that has two groups of 34 people, relationship enhancement couple therapy program and systematic desensitization. In order to prevent the decline in the quality of online education, Each group of 34 people is divided into 2 groups of 17 people. 68 women who have sexual anxiety according to the questionnaire are given a number from 1 to 68. Using random allocation¹ software, individuals are randomly assigned to two groups of relationship therapy and regular desensitization based on the software output table.

Settings and conduct

Shahrekord infertility treatment Invitation to study, sample selection, random assignment, and psychological intervention is done by the second author under the supervision of a supervisor and a couple therapy counselor.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Iranian nationality; Persian fluency; primary infertility; having sexual anxiety based on the Sexual Anxiety Scale; Internet literacy and smartphone; having shared bed with husband. Exclusion criteria: Pregnancy; having neurological diseases and taking psychiatric drugs; not having internet; Dispute in recent month; psycho counseling during last 6 months; unpleasant events like relevant death.

Intervention groups

Group 1 receives online relationship enhancement couple therapy program and group 2 receives online systematic desensitization in 8 sessions of 60 minutes.

The content of the sessions in Skyroom is presented in groups. The counselor, the counseling method and the counseling time are the same for both groups.

Main outcome variables

Change in the mean scores of sexual anxiety measured by the questionnaire "Measurement of sexual anxiety".

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211127053188N1**

Registration date: **2021-12-25, 1400/10/04**

Registration timing: **prospective**

Last update: **2021-12-25, 1400/10/04**

Update count: **0**

Registration date

2021-12-25, 1400/10/04

Registrant information

Name

Maryam Afzal dehkordi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3333 0444

Email address

afzal-m@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-03-21, 1401/01/01	Not used
Actual recruitment start date	Assignment
empty	Parallel
Actual recruitment end date	Other design features
empty	
Trial completion date	Secondary ids
empty	empty
Scientific title	Ethics committees
Effectiveness comparison of online relationship enhancement couple therapy program versus systematic desensitization on sexual relationship anxiety in women undergoing infertility treatment with timed intercourse	1
Public title	Ethics committee
Effectiveness comparison of relationship enhancement couple therapy versus systematic desensitization on sexual anxiety in infertility	Name of ethics committee
Purpose	Ethics Committee of Shahid Sadoughi University of Medical Sciences
Education/Guidance	Street address
Inclusion/Exclusion criteria	4th floor, corner of the alley, No. 40, Alley 16, varzesh Street, shahrekord
Inclusion criteria:	City
Having a primary infertility record in Hazrat Zahra Infertility Center in Shahrekord Having sexual anxiety based on a sexual anxiety test questionnaire Internet literacy and smartphone Having a bed with his wife Willingness to participate in this study Iranian nationality Fluency in Persian	Shahrekord
Exclusion criteria:	Province
Pregnancy Ovarian Hyperstimulation Syndrome (OHSS) Having neurological diseases and taking psychiatric drugs based on infertility records Tragic events such as the death of loved ones in the last two months Family quarrel in a recent month Living in a place without internet access Participate in psychological counseling sessions or similar studies over the past 6 months	Chahar-Mahal-va-Bakhtiari
Age	Postal code
No age limit	8815846679
Gender	Approval date
Female	2021-11-17, 1400/08/26
Phase	Ethics committee reference number
N/A	IR.SSU.REC.1400.160
Groups that have been masked	Health conditions studied
No information	1
Sample size	Description of health condition studied
Target sample size: 68	Sexual anxiety counseling
Randomization (investigator's opinion)	ICD-10 code
Randomized	Z70
Randomization description	ICD-10 code description
A total of 68 women under treatment with sexual anxiety are randomly assigned a number from 1 to 68. Using random allocation1 software, individuals are randomly assigned to two groups of Relationship Improvement Couple Therapy (RECT) and Regular Desensitization (SD) based on the software output table. Each group of 34 people is then randomly divided into two subgroups of 17 people. Blindness is not possible due to women's awareness of the type of intervention.	Counselling related to sexual attitude, behaviour and orientation
Blinding (investigator's opinion)	Primary outcomes
Not blinded	1
Blinding description	Description
Placebo	Measuring the mean scores of sexual anxiety in women undergoing infertility treatment
	Timepoint
	At baseline, when the intervention was completed at week 8 and at follow-up at study week 12 at the two groups
	Method of measurement
	Sexual Anxiety Scale (Davis et al.)
	Secondary outcomes

1

Description

Spouse satisfaction score of counseling method in two groups

Timepoint

At the end of the intervention at week 8 and at the end of the study at week 12

Method of measurement

Satisfaction visual Scale with one question, score between 1-10

2

Description

Pregnancy frequency

Timepoint

Fallow up week 12

Method of measurement

Pregnancy diagnosis test

Intervention groups

1

Description

Intervention group 1 receives an online relationship enhancement couple therapy program. Intervention sessions include 8 sessions of 60 minutes. The content of online sessions in the form of text, graphics, videos, clips, group chat and questions and answers in Skyroom is presented in groups. Homework and its evaluation by the second author is done under the supervision of the first and third authors in all sessions through WhatsApp. In case of absence of women up to two sessions, a summary of the content of these two sessions will be provided to absentees. Free weekly internet package is provided to women.

Category

Behavior

2

Description

Intervention group 2 receives an online systematic desensitization program. Intervention sessions include 8 sessions of 60 minutes. The content of online sessions in the form of text, graphics, videos, clips, group chat and questions and answers in Skyroom is presented in groups. Homework and its evaluation by the second author is done under the supervision of the first and third authors in all sessions through WhatsApp. In case of absence of women up to two sessions, a summary of the content of these two sessions will be provided to absentees. Free weekly internet package is provided to women.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Infertility treatment center of Hazrat Zahra Shahrekord

Full name of responsible person

Maryam Afzal Dehkordi

Street address

4th floor, No. 40, Alley 16, varzash Street

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815846679

Phone

+98 38 3333 0444

Email

afzal.midwife@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Amir Hoshang Mehrparvar

Street address

Central Organization of Shahid Sadoughi University of Medical Sciences and Health Services Yazd, Shahid Dr. Bahonar Square, Yazd.

City

Yazd

Province

Yazd

Postal code

۸۹۱۶۹۷۸۴۷۷

Phone

+98 35 3726 3733

Fax

+98 35 3726 3732

Email

ah.mehrparvar@gmail.com

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

Person responsible for general inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Maryam Afzal Dehkordi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

4th floor, No. 40, Alley 16, Varzesh St., Shahrekord

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

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Position

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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