Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effectiveness of cognitive behavioral therapy on sexual shyness, sexual daring and sexual performance in women with vaginismus

Protocol summary

Study aim

The purpose of this study is the effectiveness of cognitive behavioral therapy on sexual shyness, sexual daring and sexual performance in women with vaginismus.

Design

Semi-experimental study with multiple baseline method, without control group, without blinding, randomly on 3 patients

Settings and conduct

Screening to find samples is done in sexual disorders treatment clinics and private offices in Ahvaz city, and counseling is done by the researcher at Binish Counseling Center in Ahvaz city.To implement the treatment method, the first person enters the treatment plan, and at each stage of the baseline, the research tools(Female Sexual Function Index- Hullbert Index of Sexual Desire- Sexual Self-Consciousness Index) are implemented on the first person. The first person is measured twice, the second person three times, the third person four times.Measurements are done weekly by completing the research tools. Then the treatment is carried out by the researcher for 8 weekly sessions of 90 minutes. All questionnaires are completed in sessions 4, 2, 6 and immediately after the treatment. In order to follow up, people are re-evaluated two months after the treatment in three twenty-day sessions.

Participants/Inclusion and exclusion criteria

The criteria for entering the study include: age 18-45 years old - cycle education - confirmation of vaginismus by a psychiatrist, and the exclusion criteria include having a mental illness.

Intervention groups

Cognitive behavioral therapy is performed as 8 sessions of 90 minutes and once a week based on the package "Sexual cognitive behavioral therapy in vaginismus".

Main outcome variables

sexual shyness, sexual daring and sexual performance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220713055457N1**
Registration date: **2022-11-02, 1401/08/11**
Registration timing: **prospective**

Last update: **2022-11-02, 1401/08/11**
Update count: **0**

Registration date

2022-11-02, 1401/08/11

Registrant information

Name

Zohreh Ahmady

Name of organization / entity

Islamic Azad Univercity Behbahan Branch

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-06, 1401/08/15

Expected recruitment end date

2022-11-13, 1401/08/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effectiveness of cognitive behavioral therapy on sexual shyness, sexual daring and sexual performance in women with vaginismus

Public title
The effectiveness of cognitive behavioral therapy on sexual shyness, sexual daring and sexual performance in women with vaginismus
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age 18-45 years Confirmation of vaginismus by a psychiatrist Cycle education
Exclusion criteria:
Age
From **18 years** old to **45 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **3**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Islamic Azad University Behbahan Branch
Street address
Shahid Bayani Ave.,AmirKabir Blvd.,Behbahan City
City
Behbahan
Province
Khouzestan
Postal code
6361713198
Approval date
2022-09-19, 1401/06/28
Ethics committee reference number
IR.IAU.BEHBAHAN.REC.1401.019

Health conditions studied

1

Description of health condition studied
vaginismus
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
sexual performance in women with vaginismus
Timepoint
Examination of sexual performance before the study - sessions 4, 2, 6, immediately after completion of treatment and two months after treatment
Method of measurement
Female Sexual Function Index- Hullbert Index of Sexual Desire- Sexual Self-Consciousness Index

2

Description
sexual shyness in women with vaginismus
Timepoint
Examination of sexual shyness before the study - sessions 4, 2, 6, immediately after completion of treatment and two months after treatment
Method of measurement
Female Sexual Function Index- Hullbert Index of Sexual Desire- Sexual Self-Consciousness Index

3

Description
sexual daring in women with vaginismus
Timepoint
Examination of sexual daring before the study - sessions 4, 2, 6, immediately after completion of treatment and two months after treatment
Method of measurement
Female Sexual Function Index- Hullbert Index of Sexual Desire- Sexual Self-Consciousness Index

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: consists of 3 women. cognitive behavioral therapy is performed by the researcher for 8 weekly sessions of 90 minutes.
Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Binesh Consulting Center

Full name of responsible person
Leyla Jazayeri

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No. 20,West 7th Street,Kianpars Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Shahrooei

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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
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Zohreh Ahmady

Position
Instructor

Latest degree
Master

Other areas of specialty/work
Midwifery

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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 further information
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
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable