

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of life skills training with a psychodrama approach on sexual self-concept in women with vaginismus

Protocol summary

Study aim

Determining the effectiveness of life skills training with a psychodrama approach on sexual self-concept in women with vaginismus

Design

Clinical trial without control group, only and without blinding, randomized 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 tool (The multidimensional sexual self concept Questionnaire,) is 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 tool. Then the treatment is carried out by the researcher for 8 weekly sessions of 90 minutes.

Participants/Inclusion and exclusion criteria

The inclusion criteria for the study include: age 18-45 years - cycle education - confirmation of vaginismus by a psychiatrist

Intervention groups

The intervention group will receive cognitive behavioral therapy in the form of 8 sessions of 90 minutes and once a week based on the package "Sexual cognitive behavioral therapy in vaginismus".

Main outcome variables

changing false beliefs; Creating a positive sexual self-concept; Improving life skills

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220713055457N4**

Registration date: **2022-11-20, 1401/08/29**

Registration timing: **retrospective**

Last update: **2022-11-20, 1401/08/29**

Update count: **0**

Registration date

2022-11-20, 1401/08/29

Registrant information

Name

Zohreh Ahmady

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-08, 1401/08/17

Expected recruitment end date

2022-11-16, 1401/08/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of life skills training with a psychodrama approach on sexual self-concept in women with vaginismus

Public title

The effectiveness of life skills training with a psychodrama approach on sexual self-concept in women with vaginismus

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Age 18-45 years old cycle education Vaginismus is confirmed by a psychiatrist

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

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Province

Khouzestan

Postal code

6361713198

Approval date

2022-09-19, 1401/06/28

Ethics committee reference number

IR.IAU.BEHBAHAN.REC.1401.017

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

Vaginismus

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

Positive sexual self-concept

Timepoint

Before the study, session 2-4-6, immediately and 2 months after the treatment

Method of measurement

The multidimensional sexual self concept Questionnaire

Secondary outcomes

empty

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

Intervention group: Cognitive behavioral therapy is carried out in 8 sessions of 90 minutes and once a week based on the package "Sexual cognitive behavioral therapy in vaginismus". The educational content of the sessions includes: getting to know the anatomy of the body, getting to know the sex cycle, courage, education Communication skills and problem solving, sensory focus type one and two, recognizing irrational beliefs and thoughts, cognitive restructuring and changing negative attitudes towards sexual issues, cognitive skills training, Dealing with negative emotions and teaching Kegel exercises.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Bibesh Counseling center

Full name of responsible person

Lila Jazayeri

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Sponsors / Funding sources

1

Sponsor

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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

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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