Clinical Trial Protocol
Iranian Registry of Clinical Trials

25 Oct 2026

Investigating the Impact of Cognitive Behavioral Counseling on Self efficacy and Sexual attitude in Newly Married Women

Protocol summary

Study aim

Determining the effect of Cognitive Behavioral Counseling on Self efficacy and Sexual attitudes in Newly married women

Design

A counseling intervention study with a control group, with a total of 82 participants who will be divided into two groups of 41 participants. Participants will be divided into two intervention and control groups using random blocks. Randomization codes will be generated using computer randomization software.

Settings and conduct

The study will be conducted at the Premarital Counseling Center in Azadshahr, Golestan Province; Couples who previously visited the center and meet the inclusion criteria will be invited to participate. Participants will complete the questionnaires; then the intervention group will receive 8 weekly 90-minute Cognitive Behavioral Counseling sessions.The control group will not receive any intervention. Two and eight weeks after the completion of the counseling sessions, both groups will refill the questionnaires, and the results will be analyzed.

Participants/Inclusion and exclusion criteria

Newly married women (1 to 3 Years)؛ A score below the overall average (below 1850) on the Beals Women's Sexual Self efficacy Scale؛ First marriage and living in a common home؛ Literate؛ Do not apply for divorce or separation؛ Not having a physical or mental disability؛ Marriage is not compulsory؛ Neither partner is addicted to drugs؛ Absence of malignant and incurable diseases

Intervention groups

The intervention group will receive 8 90-minute sessions of Cognitive Behavioral Counseling on Self efficacy and Sexual attitudes, once a week. The control group will not receive any intervention. At the end of the study, one counseling session will be held for the control group.

Main outcome variables

Sexual self efficacy and sexual attitudes will be measured using the Bills Sexual Self efficacy Questionnaire and the Hudson Sexual Attitude Questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260225068944N1**
Registration date: **2026-03-01, 1404/12/10**
Registration timing: **prospective**

Last update: **2026-03-01, 1404/12/10**
Update count: **0**

Registration date

2026-03-01, 1404/12/10

Registrant information

Name

Fatemeh Norouzi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3573 9789

Email address

norouzi.f1998@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-03-07, 1404/12/16

Expected recruitment end date

2026-05-21, 1405/02/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigating the Impact of Cognitive Behavioral Counseling on Self efficacy and Sexual attitude in Newly Married Women

Public title
Investigating the Effect of Cognitive Behavioral Counseling on Self efficacy and Sexual attitude

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Newly Married Women (1 to 3 Years have Passed Since their Marriage) Have Scored Below the Overall Average (Subscore 1850) on the Beals Women's Sexual Self efficacy Scale First Marriage and Living in a Common home (Permanent Marriage) Be Literate in Reading and Writing Do not Apply for Divorce or Separation Not having a Physical or Mental Disability Marriage Is not Compulsory Neither Partner is Addicted to Drugs Absence of Malignant and Incurable Diseases

Exclusion criteria:

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **82**

Randomization (investigator's opinion)
Randomized

Randomization description
Participants will be Divided into Two Groups, Intervention and Control, Using Random Blocks A and B (A Intervention Group; B Control Group). Randomization Codes will be Generated Using Computer Randomization Software, and the Size of the Random Blocks will be 4 in 6 Cases With 1:1 Allocation. Opaque and Sealed Envelopes will be Used to Conceal Allocation, and the Envelopes will be Revealed Sequentially When Participants Enter the Study.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features
In the Grouping Method, Participants will be Divided into Two Intervention and Control Groups Using Random Blocks A and B (A Intervention Group; B Control Group). In the Intervention Group, 8 90-Minute Sessions of Cognitive Behavioral Counseling on Sexual Self efficacy and Sexual attitudes will be Conducted Once a Week.The Control Group Will not Receive any Intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Arak University of Medical Sciences

Street address
Arak County, Arak University of Medical Sciences, Payambar Azam (PBUH) University Complex, Deputy of Research and Technology

City
Arak

Province
Markazi

Postal code
3848176341

Approval date
2025-10-19, 1404/07/27

Ethics committee reference number
IR.ARAKMU.REC.1404.276

Health conditions studied

1

Description of health condition studied
Investigating the impact of cognitive behavioral counseling on self efficacy and sexual attitude in newly married women

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Sexual self efficacy, The score of which is determined based on the Women’s Sexual Self efficacy Questionnaire developed by Bills and colleagues.

Timepoint
At the beginning of the study (before the intervention starts), and 2 and 8 weeks after the end of the counseling sessions

Method of measurement
The Women’s Sexual Self efficacy Questionnaire by Bills and colleagues

2

Description
The sexual attitude score, which is determined based on the Sexual Attitude Questionnaire designed by Hudson and colleagues.

Timepoint
At the beginning of the study (before the intervention

starts), and 2 and 8 weeks after the end of the counseling sessions

Method of measurement

The Sexual Attitude Questionnaire by Hudson and colleagues

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:The intervention group will receive 8 90-minute sessions of Cognitive Behavioral Counseling on Sexual self efficacy and Sexual attitudes, one session per week based on the book Cognitive Behavioral Therapy: Basics and Beyond by Judith S. Beck, and obtaining relevant valid certificates by a master's student in midwifery counseling under the supervision of a consultant professor.

Category

N/A

2

Description

Control group: The control group will not receive any intervention, and at the end of the study, a counseling session will be held for the control group to comply with ethical principles.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Community Health Center No. 2 - Marriage Counseling Unit

Full name of responsible person

Fatemeh Norouzi

Street address

Gorgan Street, Shahid Beheshti Street

City

Azadshahr

Province

Golestan

Postal code

4961679631

Phone

+98 17 3577 6057

Email

norouzi.f1998@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Vice President of Research and Technology

Street address

Arak County, Arak University of Medical Sciences, Payambar Azam (PBUH) University Complex, Deputy of Research and Technology.

City

Arak

Province

Markazi

Postal code

3848176341

Phone

+98 86 3417 3532

Email

research@arakmu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Fatemeh Norouzi

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Shahrood Street, Raja 24

City

Azadshahr

Province

Golestan

Postal code

4961679631

Phone

+98 17 3573 9789

Fax
Email
norouzi.f1998@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Fatemeh Norouzi
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Shahrood Street , Raja 24
City
Azadshahr
Province
Golestan
Postal code
4961679631
Phone
+98 17 3573 9789
Fax
Email
norouzi.f1998@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Fatemeh Norouzi
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Shahrood Street, Raja 24
City
Azadshahr
Province
Golestan
Postal code
4961679631
Phone
+98 17 3573 9789
Fax
Email
norouzi.f1998@gmail.com

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