Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigation the effectiveness of acceptance and commitment group intervention on sexual avoidance, sexual satisfaction, marital happiness, and quality of life in individuals with sexual interest/arousal disorder

Protocol summary

Study aim
Investigating the effectiveness of a group intervention based on acceptance and commitment on reducing sexual avoidance and improving sexual satisfaction, marital happiness, and quality of life in people with sexual desire/arousal disorder

Design
Randomized controlled clinical trial with three parallel groups, on 75 participants, block randomization method using Random Allocation Software, without blinding

Settings and conduct
This study will be conducted at the Department of Sexual Health of Iran in Tehran. Individuals with sexual desire/arousal disorder will be enrolled in the study. After initial assessments, participants will be randomly assigned to three intervention groups: an acceptance and commitment-based intervention, an attention control, and a no-intervention control. The intervention group will receive 8 weekly 90-minute sessions of acceptance and commitment-based group therapy, and the attention control group will participate in 8 weekly sessions of non-specific education and support. Assessments will be conducted at pre-intervention, post-intervention, and three months after the end of the intervention.

Participants/Inclusion and exclusion criteria
Married individuals aged 20 to 45 with sexual desire/arousal disorder will be included in the study. Individuals who miss more than one session, fail to cooperate in follow-ups, and have sudden changes in physical or mental status will be excluded.

Intervention groups
Intervention group: Participants will receive 8 weekly 90-minute sessions of acceptance and commitment therapy (ACT). Attention control group: Participants will receive 8 weekly 90-minute sessions of non-specific education and support. Control group without intervention: Participants will receive no intervention during the study period.

Main outcome variables
Sexual avoidance, Sexual satisfaction

General information

Reason for update

Acronym
ACT

IRCT registration information
IRCT registration number: **IRCT20260606069671N1**
Registration date: **2026-06-12, 1405/03/22**
Registration timing: **prospective**

Last update: **2026-06-12, 1405/03/22**
Update count: **0**

Registration date
2026-06-12, 1405/03/22

Registrant information

Name
Mitra Mirlohian

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 21 7720 3362

Email address
mirlohianm@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-06-22, 1405/04/01

Expected recruitment end date
2026-10-23, 1405/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effectiveness of acceptance and commitment group intervention on sexual avoidance, sexual satisfaction, marital happiness, and quality of life in individuals with sexual interest/arousal disorder

Public title

The effect of group psycotherapy of acceptance and commitment on sexual interest and arousal problems

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosis of sexual interest/arousal disorder based on clinical interview and DSM-5 criteria Being married Having at least a high school diploma Not receiving concurrent psychotherapeutic interventions targeting sexual functioning Not receiving concurrent pharmacological treatments affecting sexual functioning No severe physical illness affecting sexual functioning No severe psychiatric disorder based on clinical interview

Exclusion criteria:

Presence of severe psychiatric disorders based on clinical interview Presence of severe physical illnesses affecting sexual functioning Concurrent participation in psychotherapeutic interventions targeting sexual problems Concurrent use of medications affecting sexual functioning Inability to regularly attend treatment sessions

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

Randomized

Randomization description

After completion of baseline assessments, eligible participants will be randomly allocated in equal proportions to the Acceptance and Commitment Therapy (ACT) group, attention-control group, and no-intervention control group using block randomization with a fixed block size of six. The random allocation sequence will be generated using Random Allocation Software. Participants will be assigned according to the pre-generated random sequence to ensure balance in group sizes throughout the recruitment process.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tabriz University

Street address

22 Bahman Blvd, Tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166616471

Approval date

2026-05-24, 1405/03/03

Ethics committee reference number

IR.TABRIZU.REC.1405.019

Health conditions studied

1

Description of health condition studied

Sexual Interest/Arousal Disorder

ICD-10 code

F52.2

ICD-10 code description

Sexual arousal disorders

Primary outcomes

1

Description

Sexual Avoidance Score

Timepoint

Before the intervention, immediately after the end of the 8 intervention sessions, and 3 months after the end of the intervention

Method of measurement

Rost and Glombok Sexual Satisfaction Questionnaire, Sexual Avoidance Subscale

2

Description

Sexual satisfaction score

Timepoint

Before the intervention, immediately after the end of the 8 intervention sessions, and 3 months after the end of the intervention

Method of measurement
Larson Sexual Satisfaction Questionnaire

Secondary outcomes

1

Description
Quality of life score
Timepoint
Before the intervention, immediately after the end of the 8 intervention sessions, and 3 months after the end of the intervention
Method of measurement
World Health Organization Quality of Life Questionnaire, short version

2

Description
Marital happiness score
Timepoint
Before the intervention, immediately after the end of the 8 intervention sessions, and 3 months after the end of the intervention
Method of measurement
Azerin Marital Happiness Questionnaire

Intervention groups

1

Description
Intervention Group 1: Participants will receive eight weekly 90-minute group-based Acceptance and Commitment Therapy sessions. The intervention is based on the Hexaflex model and includes acceptance of internal experiences, cognitive defusion, present-moment awareness, self-as-context, values clarification, and committed action in the context of intimate relationships and sexual concerns. Sessions will be conducted in a group format by a trained therapist.
Category
Behavior

2

Description
Intervention Group 2: Participants will receive eight weekly 90-minute supportive and educational sessions. Session content includes general mental health education, stress management, sleep hygiene, communication skills, and sexual health literacy. These sessions are matched to the intervention group in terms of number and duration but do not include the specific therapeutic components of Acceptance and Commitment Therapy.
Category
Placebo

3

Description
Control group: Participants will receive no psychological or educational intervention during the study period and will only take part in the assessment procedures. After completion of the study, they will be offered the therapeutic intervention if they wish to receive it.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Iran's Department of Sexual Health
Full name of responsible person
Sara Soleymani
Street address
No. 6, Bayan physicians building, Bayan Alley, Shariati street
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Tehran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University
Full name of responsible person
Abolfazl Majnooni Haris
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Email
majnooni@tabrizu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz 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
Tabrzi University
Full name of responsible person
Majid Mahmoud Alilou
Position
Professor
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Person responsible for updating data

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Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
De-identified individual participant data. The dataset will include demographic characteristics, baseline data, primary and secondary outcome measures, and variables required to reproduce the study findings. All personal identifiers will be removed prior to data sharing. Data will be available after publication of the primary study results upon reasonable request, submission of a scientific rationale, and approval by the corresponding author.
When the data will become available and for how long
After publishing the paper
To whom data/document is available
Researchers, faculty members, graduate students, research institutions, academic centers, and other applicants with legitimate scientific and research purposes may request access to the study data and

documents. Requests will be reviewed based on the intended use of the data and will be granted upon approval by the corresponding author and in accordance with ethical and confidentiality requirements.

Under which criteria data/document could be used

The study data and documents may be used solely for scientific, research, and educational purposes. Applicants must provide a written description of the intended use of the data, research question, analytical approach, and planned use of the documents. The data may not be used to identify participants, for commercial purposes, transferred to third parties without permission, or used in any manner inconsistent with research ethics principles. All data will be provided in a de-identified format, and recipients will be required to maintain confidentiality and appropriately acknowledge the original study in all reports and publications arising from the shared data.

From where data/document is obtainable

contacting the corresponding author mirlohianm@gmail.com

What processes are involved for a request to access data/document

Applicants should submit their requests by email to the corresponding author. The request should include the applicant's details, institutional affiliation, the purpose of the data or document use, the research question, and the analysis plan. Requests will be reviewed for scientific merit, ethical considerations, and confidentiality requirements. A decision will be communicated within 4 weeks. If approved, the requested data or documents will be provided in an appropriate format after removal of all identifying information and shared via email or another secure transfer method.

Comments