

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Jun 2026

### Investigation of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

#### Protocol summary

##### Study aim

Determination of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

##### Design

Clinical trial with four intervention groups and four control groups, with parallel groups, one blind, Random with simple random assignment, sample size 80

##### Settings and conduct

This study is carried out on married women adolescent of urban and rural referring to health centers and schools of Darab city and villages. In the intervention group, the functional analytic psychotherapy -enhanced cognitive counselling is conducted by the researcher during 16 sessions of 90 minutes and 2 times a week, and In the control group, common training will be done

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Being Iranian, Resident of Darab, Having at least literacy(reading and writing), The stressful incident has not occurred in the past month, Age range is 19-15 years, Her husband is a single wife, No having Towards Extramarital Relations, She is currently living with her husband, Not pregnant, There is no history of surgery in the genital area, Have sex at least once a week, Wife has no sexual problem, Marriage is officially, At least one year has passed since marriage  
Exclusion criteria: Having special medical condition, having mental and psychological problems, Couples do have drug addiction and alcoholic beverages

##### Intervention groups

The Intervention group includes married women adolescent from urban and rural schools and are visiting urban and rural health clinics who receive functional analytical psychotherapy enhanced cognitive counseling. The control group includes married women adolescent who receive routine education in schools and clinics.

#### Main outcome variables

Sexual Quality of Life; Sexual Self-Efficacy

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190217042736N1**

Registration date: **2019-06-13, 1398/03/23**

Registration timing: **prospective**

Last update: **2019-06-13, 1398/03/23**

Update count: **0**

##### Registration date

2019-06-13, 1398/03/23

##### Registrant information

##### Name

Maryam GHolami

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 5362 0111

##### Email address

maryamgholami121072@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-07-01, 1398/04/10

##### Expected recruitment end date

2019-09-21, 1398/06/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty  
**Trial completion date**  
empty

**Scientific title**  
Investigation of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

**Public title**  
Investigating of the Effectiveness of Functional Analytic Psychotherapy (FAP)-Enhanced Cognitive Counselling on the Sexual Quality of Life and Sexual Self-Efficacy of Married Women Adolescent

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Being Iranian Resident of Darab Having at least literacy (reading and writing) The stressful incident has not occurred in the past month Age range is 19-15 years Her husband is a single wife No having Towards Extramarital Relations She is currently living with her husband Not pregnant There is no history of surgery in the genital area Have sex at least once a week At least one year has passed since childbirth Wife has no sexual problem Marriage is officially Religion is Islam Shia religion At least one year has passed since marriage

**Exclusion criteria:**

Having special medical condition having mental and psychological problems Couples do have drug addiction and alcoholic beverages Couples do use effective drugs for sexual performance

**Age**  
From **15 years** old to **19 years** old

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **80**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Individuals will be divided into intervention and control groups using simple random assignment by writing names on paper and making a lottery

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ethics committee of Kerman University of Medical Sciences

**Street address**

Haftbagh Highway., Kerman University of Medical Sciences

**City**

Kerman

**Province**

Kerman

**Postal code**

7616913555

**Approval date**

2019-02-23, 1397/12/04

**Ethics committee reference number**

IR.KMU.REC.1398.091

**Health conditions studied**

1

**Description of health condition studied**

**ICD-10 code**

**ICD-10 code description**

2

**Description of health condition studied**

**ICD-10 code**

**ICD-10 code description**

**Primary outcomes**

1

**Description**

sexual quality of life score

**Timepoint**

Complete the questionnaire before the intervention and at the meeting3, 5, 7, 9, 11, 13, 15, 16

**Method of measurement**

Masoumi's Sexual quality of life questionnaire

2

**Description**

sexual self-efficacy score

**Timepoint**

Complete the questionnaire before the intervention and at the meeting3, 5, 7, 9, 11, 13, 15, 16

**Method of measurement**

Vaziri's sexual self-efficacy questionnaire

**Secondary outcomes**

empty

## Intervention groups

### 1

#### Description

Intervention group first: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Urban schools

#### Category

Behavior

### 2

#### Description

Intervention group second: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Rural schools

#### Category

Behavior

### 3

#### Description

Intervention group third: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Urban Clinic

#### Category

Behavior

### 4

#### Description

Intervention group fourth: Functional Analytic Psychotherapy-Enhanced Cognitive Counselling, 16 sessions, 2 sessions per week, Compilation by Kohlenberg and T. Sai (1991), Rural clinic

#### Category

Behavior

### 5

#### Description

Control group: Common training

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Afsorde Shahid school

##### Full name of responsible person

Masoume Khademi

##### Street address

Dowlatabad village

##### City

Darab

##### Province

Fars

##### Postal code

7481169371

##### Phone

+98 71 6532 0111

##### Email

maryamgholami121072@yahoo.com

### 2

#### Recruitment center

##### Name of recruitment center

Dehkhoda school

##### Full name of responsible person

Maryam Firoozabadi

##### Street address

Dowlatabad village

##### City

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##### Province

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##### Postal code

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## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Kerman University of Medical Sciences

##### Full name of responsible person

Abbas Pardakhti

##### Street address

Haftbagh highway, Kerman university medical sciences

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Phone

+98 34 3132 5700

##### Email

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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

Kerman 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**  
Kerman University of Medical Sciences  
**Full name of responsible person**  
Maryam Gholami  
**Position**  
student  
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Midwifery  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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