Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 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)
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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
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2

Recruitment center
Name of recruitment center
Dehkhoda school
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
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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

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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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