

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

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Gorgan Street, Shahid Beheshti Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

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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

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

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Person responsible for scientific inquiries

Contact

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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