Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Protocol summary

Summary

The aim of this study is the consultation effectiveness with approach of mindfulness-based cognitive therapy on improving sexual satisfaction and marital childbearing age. The sample is Covering of women from the research population that is eligible to enter and exiting And willingness to participate in this study. Inclusion criteria is Covering married women in the age range 15-49 years; Larson sexual satisfaction score less than 75; Enrich marital satisfaction scale score is less than 40. Exclusion criteria is Covering the absence of more than two sessions, pregnancy during the period of the sampling. The sample size in this clinical trial is from 40 women who are referred to health centers in Isfahan That these women were divided into two groups by using table of random numbers. control groups (n = 20) and Intervention groups (2 groups of 10 people). Both groups Will be took before the intervention, immediately after intervention and 1 month after intervention by Larson sexual satisfaction and Enrich marital satisfaction questionnaires will be evaluated. If the effectiveness of mindfulness intervention after the end of the study summary of the consultative approach Will be offered to the control group if they would like.

General information

Acronym

Mindfulness-based cognitive therapy. MBCT

IRCT registration information

IRCT registration number: **IRCT2016062128560N1**
Registration date: **2017-01-20, 1395/11/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-01-20, 1395/11/01

Registrant information

Name

Fatemeh sohran

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 35 3824 1751

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Shahid Sadoughi University of Medical Science

Expected recruitment start date

2016-08-10, 1395/05/20

Expected recruitment end date

2016-12-10, 1395/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Public title

The effectiveness of mindfulness-based cognitive therapy consultation on improving sexual and marital satisfaction of women in reproductive age.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: married women in the age range 49-15

years; Larson sexual satisfaction score less than 75; Enrich marital satisfaction scale score is less than 40; Iranian Ethnicity; having read and write; passing at least a year since marriage, having a bedroom or a common bed; having an interest in participating in the study; having commitment necessary to perform the relevant duties (participate in all sessions or at least 7 sessions of counseling sessions and more than 75% of assignments to recognize advisor). Exclusion criteria: the lack of desire to participate in the research; having chronic physical and mental illnesses; medication because of chronic physical illnesses and psychological; having a history of sexual problems; pregnancy and the occurrence of unpleasant incidents leading to decreased sexual satisfaction during the last 6 months.

Age
From **15 years** old to **49 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The risk of loss due to non-cooperation in carrying out assignments and absences from meetings that have been considered in the calculation of sample size, are the limitations of this study. After recording system IRCT research project, in order to allow contact with the researcher subjects through mobile phone text messages to remind their homework as well as participate in the study informed consent is obtained. Recalling Homework every day through mobile phone text messages, could be the solution to prevent sample loss.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahid Sadoughi University of Medical Sciences Ethics Committee

Street address
Shahid Sadoughi University of Medical Sciences, Alem Sq., Safaieh Yazd Yazd Iran, Islamic Republic Of

City
Yazd

Postal code

Approval date
2016-04-26, 1395/02/07

Ethics committee reference number
ir.ssu.rec.1395.31

Health conditions studied

1

Description of health condition studied
Sexual satisfaction and marital satisfaction

ICD-10 code
Xxi

ICD-10 code description

Primary outcomes

1

Description
Marital Satisfaction

Timepoint
Before the intervention, after intervention and one month after intervention

Method of measurement
marital satisfaction questionnaire Enrich

2

Description
Sexual Satisfaction

Timepoint
Before the intervention, after intervention and one month after intervention

Method of measurement
Larson sexual satisfaction

Secondary outcomes

empty

Intervention groups

1

Description
8 week consultation will be done with approach mindfulness-based cognitive therapy for the intervention group.

Category
Behavior

2

Description
After collecting data if the control group, will be given a pamphlet summarizing meetings them.

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Health centers in Isfahan
Full name of responsible person
Fatemeh sohran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research of Shahid Sadoughi University of Medical Science
Full name of responsible person
Mojgan Sharify
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Shahid Sadoughi University of Medical Sciences, Alem Sq, Safaieh, Yazd
City
Yazd
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research of Shahid Sadoughi University of Medical Science
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Shahid Sadoughi University of Medical Sciences
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A graduate student in midwifery advice
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty