Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of sexual health counseling with an emotion-focused approach on sexual self-control and desire for marriage of female students

Protocol summary

Study aim
Determining the impact of emotion-focused sexual health counseling on sexual self-control and desire for marriage among female students

Design
The present study is a randomized controlled clinical trial of a parallel two-arm design, which will be conducted on 60 undergraduate female students

Settings and conduct
The present study is a randomized clinical trial conducted on female undergraduate students in the medical sciences programs at Shahroud University of Medical Sciences. Initially, written informed consent is obtained from all participants. Then, demographic information questionnaires, sexual self-control, and desire for marriage questionnaires are completed by the students. The intervention group participates in weekly counseling sessions with an emotion-focused approach. After the sessions, and again one month after the end of the intervention, the self-control and desire for marriage questionnaires are completed once more by participants in both groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria: having informed consent, being single, being an undergraduate student in semesters three to six. Exclusion criteria: receiving similar training or counseling, having a history of physical illnesses affecting sexual function or serious mental illnesses as self-reported (such as psychotic disorders; schizophrenia or severe depression), unwillingness to participate in the study.

Intervention groups
The intervention in this study is based on emotion-focused group counseling and is conducted in the form of 8 weekly 90-minute group sessions. Each session is interactive, focusing on exploring emotional experiences, internalization exercises, cognitive restructuring, teaching basic concepts, group discussion, and interpersonal exercises. No intervention is provided for the control group.

Main outcome variables
sexual self-control, desire for marriage

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251230068498N1**
Registration date: **2026-01-08, 1404/10/18**
Registration timing: **prospective**

Last update: **2026-01-08, 1404/10/18**
Update count: **0**

Registration date
2026-01-08, 1404/10/18

Registrant information

Name
Najmeh Soltanzadeh Torbati

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 51 3733 0676

Email address
soltanzade@shmu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-02-01, 1404/11/12

Expected recruitment end date
2026-05-02, 1405/02/12

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of sexual health counseling with an emotion-focused approach on sexual self-control and desire for marriage of female students

Public title

The effect of sexual health counseling with an emotion-focused approach on sexual self-control and desire for marriage of female students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

having informed consent being single being a third to sixth semester undergraduate student

Exclusion criteria:

Receiving similar training or counseling having a self-reported physical illness affecting sexual function a serious mental illness (such as psychotic disorders; schizophrenia or severe depression) failing to participate in the study

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

For the initial randomization, the students are categorized by semester. The first class includes students in semesters two and four, and the second class includes students in semesters three and five. One of these two classes will be selected by drawing lots using a random number table (under the supervision of a statistical consultant) as the intervention group and the other class as the control group. Then, within each class (intervention and control), samples are selected through stratified random sampling.

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 Shahrud University of Medical Sciences

Street address

Shahroud, Haftom Tir Square - Shahroud University of Medical Sciences and Health Services

City

shahrud

Province

Semnan

Postal code

3614773943

Approval date

2025-12-27, 1404/10/06

Ethics committee reference number

IR.SHMU.REC.1404.123

Health conditions studied

1

Description of health condition studied

Sexual health and readiness for marriage

ICD-10 code

Z70.3

ICD-10 code description

Counseling related to combined concerns regarding sexual attitude, behavior and orientation

Primary outcomes

1

Description

Sexual self-control

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Jafari Sexual self-control Questionnaire

Secondary outcomes

1

Description

desire for Marriage

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Heidari and Pour's desire for Marriage Questionnaire

Intervention groups

1

Description
Intervention group: The intervention in this study is based on group counseling with an emotion-focused approach and aims to promote sexual self-control and desire for marriage, and is held in the form of 8 weekly 90-minute group sessions over a two-month period. :Each session is held interactively, based on exploring emotional experiences, internalization exercises, cognitive restructuring, teaching basic concepts, group discussion, and interpersonal exercises. The meeting atmosphere is created with an emphasis on psychological safety, empathy, acceptance without judgment, and respect for individual boundaries. In each session, the counselor regulates the dialogue between group members, facilitates the expression of emotions, and guides internal exercises such as the "two-chair" technique, mindfulness, or personal narrative. At the beginning of each session, the assignment from the previous session is reviewed, and at the end, exercises appropriate to the goals of the session are given to the participants

Category
Behavior

2

Description
Control group: They receive no intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahrud University of Medical Sciences

Full name of responsible person
Najmeh Soltanzadeh Torbati

Street address
Hafte Tir Blvd

City
Shahrud

Province
Semnan

Postal code
3614773943

Phone
+98 23 3239 5054

Email
mah_poorheidary@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Hossein Ebrahimi

Street address
Hafte Tir Blvd

City
Shahrud

Province
Semnan

Postal code
3614773943

Phone
+98 23 3239 5054

Email
Ebrahimi@shmu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Shahroud 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
Shahroud University of Medical Sciences

Full name of responsible person
Najmeh Soltanzadeh Torbati

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Hafte Tir Blvd

City
Shahrud

Province
Semnan

Postal code
3614773943

Phone
+98 23 3239 5054

Email
najmesoltanzadeh0542@gmail.com

Person responsible for scientific

inquiries

Contact

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Najmeh Soltanzadeh Torbati

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Hafte Tir Blvd

City
Shahrud

Province
Semnan

Postal code
3614773943

Phone
+98 23 3239 5054

Email
najmesoltanzadeh0542@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Najmeh Soltanzadeh Torbati

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Hafte Tir Blvd

City
Shahrud

Province
Semnan

Postal code
3614773943

Phone
+98 23 3239 5054

Email
najmesoltanzadeh0542@gmail.com

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
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
All data is potentially shareable after de-identifying individuals.

When the data will become available and for how long
12 months after results are published

To whom data/document is available
Researchers working in scientific and academic institutions

Under which criteria data/document could be used
Can be used according to the rules and conditions of Shahrood University of Medical Sciences

From where data/document is obtainable
Najmeh Soltanzadeh Email: najmesoltanzadeh0542@gmail.com

What processes are involved for a request to access data/document
Written request, approval from the project manager and project partners

Comments