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Poster Presentations

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The effectiveness of mindfulness-based cognitive therapy on sexual function in reproductive age

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Background: Sexuality is an important part of the human life.

Objective: The aim of this study was to investigate the effectiveness of group counseling mindfulness-based cognitive therapy on sexual function of reproductive age women.

Materials and Methods: This study is a parallel randomized controlled trial with pre-test, post-test and

follow-up. Fifty reproductive age women in randomly allocated in two intervention and control group. For intervention group (25 persons) 8 sessions of mindfulness intervention (90 minutes weekly) was done and control group received routine clinic services. FSFI questionnaire were complete by two groups before, after and one month after intervention. Data analysis was performed using SPSS 24 and $p < 0.05$.

Results: In intervention group main score of FSFI were reported 22.43 ± 5.66 , 26.43 ± 4.96 and 26.26 ± 4.57 before, after and one month after intervention respectively and in control group were 24.00 ± 5.66 , 18.50 ± 5.46 and 18.83 ± 5.35 before, after and one month after intervention respectively. The results of the study show that group counseling mindfulness-based cognitive therapy has a meaningful effect on sexual function of on women of reproductive age.

Conclusion: Mindfulness counseling significantly improve sexual function of reproductive age women.

Key words: Sexual function, Mindfulness, Reproductive age women, FSFI.