

Psychological Intervention for Women with Intimacy Concerns

PURPOSE OF THIS STUDY:

Researchers at VGH and UBC are investigating the efficacy of two types of group therapy for women with sexual desire and/or arousal difficulties, both of which involve 8 sessions of discussion and education about sexuality: Mindfulness-Based Therapy (“MIND”) and Sex Therapy, Education, and Support (“STEP”). You will be randomly assigned to participate in one type of therapy, and complete assessments before and after treatment.

WHO CAN PARTICIPATE?

You may be eligible to participate if:

- you are a woman between the ages of 19 and 65;
- you experience sexual desire and/or arousal difficulties;
- you are able to participate in 8 weekly group sessions and complete daily homework between sessions.

WHAT IS INVOLVED?

If you agree to take part in this study, the procedures and visits you can expect will include the following:

- eight weekly, 2.25-hour long group sessions, which will be held at the Diamond Health Care Centre (VGH);
- completion of assessments before and after treatment, involving at-home tasks (completing questionnaires and collecting saliva samples) and a sexual arousal assessment and heartbeat perception task in Dr. Brotto’s research laboratory;
- you will receive the group therapy at no cost. An honorarium is provided for each assessment that is completed.

CONTACT INFORMATION:

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PRINCIPAL INVESTIGATOR

Dr. Lori Brotto
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Dept of Obstetrics and Gynaecology, UBC
Research Investigator with VCH Research
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STUDY TIME/DURATION

Open for recruitment until December 1, 2020

STUDY LOCATION

The Diamond Health Care Centre
Department of Obstetrics & Gynaecology
2775 Laurel Street, 6th floor, Vancouver

To learn more about this study, visit vchri.ca/participate