Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of sex education on sexual function and sexual satisfaction in young couples

Protocol summary

Summary

Sexual desire and motivation is one of the basic needs of couples for marriage and having sex. However, sexual desire alone is not enough for sex or sexual activities , so ,many problem asaciatied with the absence of knowledge and skill of sexal activities. Therefore purpose of this study is, The effect of Sexual behavior education on sexual function and marital satisfaction. The clinical trial methodology is double-blind on 100 eligible young couples (40-18 years old) will be fill the sexual function questionnaire by Rosen and marital satisfaction questionnaire by enrich and then collect data . Available participants enrolled and then randomly divided in to either the intervention group and the control groups. In the intervention group training class will be held by a psychiatrist male and female. However there is not any interference in the control group. One month after education classes, sexual function and marital satisfaction questionnaire completed again by both groups.At last, the result were analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012092510929N1**
Registration date: **2012-11-21, 1391/09/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-11-21, 1391/09/01

Registrant information

Name

Leila Eskandari

Name of organization / entity

University of Medical Sciences Semnan

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2013-01-20, 1391/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of sex education on sexual function and sexual satisfaction in young couples

Public title

The effect of sex education on sexual function and sexual satisfaction

Purpose

Health service research

Inclusion/Exclusion criteria

1 - Inclusive criteria: Being Iranian, Fluent in English, Resident of Semnan city, Shiite credoo, First marriage, Monogamy for men,Living in a same house, At least elementary school diploma 2 - Exclusive criteria: Graduated or student of medical science major, The history of formal education about sex, Having a chronic known disease; Having any psychology disorder, History of infertility , History of the sterilization surgery in both

sex , Pregnancy or lactation, History of a traumatic event during the past 8 weeks

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blv, Semnan, Iran

City

Semnan

Postal code

3519899951

Approval date

2012-06-26, 1391/04/06

Ethics committee reference number

209256/91

Health conditions studied

1

Description of health condition studied

Sexfunction disorder

ICD-10 code

N: 89.9

ICD-10 code description

Noninflammatory disorders of female genital tract

Primary outcomes

1

Description

Sextual function

Timepoint

Baseline and one month after intervention

Method of measurement

The Female Sexual Function Index by rozen

Secondary outcomes

1

Description

Marital satisfaction

Timepoint

Baseline and one month after intervention

Method of measurement

Marital satisfaction by enrich

Intervention groups

1

Description

Education program will be held on the same day in two Classes about 90 minutes by a psychiatrist male and female separately, And then go on about 90 minutes by Midwife master of science , will be run exclusively for women. Package education is includes communication skills , problem-solving skills, conflict resolution skills between couples' and marital satisfaction and anatomy and physiology of the female genital tract, and a summary of the stages of sexual activity and sexual disorders treatment without medication. However there is not any interference in the control group. One month after education classes, sexual function and marital satisfaction questionnaire completed again by both groups, and the end of study the control group receive Package education

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tadayon health center

Full name of responsible person

Eskandari Leila

Street address

Tadayon health center, Rajaee Street

City

Semnan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Sciences
Full name of responsible person
Dr Ghorbani Raheb
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Semnan University of Medical Sciences, Basij Blv, Semnan, Iran
City
Semnan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan University of Medical Sciences
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

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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