

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison the effects of individual and group education on sexual function and satisfaction among postmenopausal women in Iran.

Protocol summary

Summary

Objective: Comparison between the effects of individual and group education on sexual function and satisfaction in menopausal women. Research entrance criteria: Married menopausal women; those aged 45-60 years old; obtaining the score 50-100 on the sexual satisfaction test questionnaire; obtaining lower than 5/26 on the sexual function index test. Research exclusion criteria: Individual's or her husband's suffering from any medical disease. Statistical population: All the menopausal women referring to Andimeshk Health and Treatment Center, Khuzestan Province, Iran. The sample size included 60 patients. The individuals were randomly placed into two groups. In individual education, the participants receive four 60-minute sexual training sessions in the form of lecture as well as question and answer (once a week) over one month. In group education, the participants receive four 60-to-90-minute sexual training sessions in the form of lecture as well as question and answer at the Health Center (once a week) over one month. Training sessions include : session (1): menopause and sexual physiologic changes; session (2): women's sexual function; session (3): women's sexual satisfaction; and session (4): conclusion and treatment strategies. At entering the study, some questionnaires on women's demographic data, sexual satisfaction, and sexual function index are completed for all the samples. The individuals, who obtain 50-100 on the sexual satisfaction test questionnaire and lower than 5/26 on sexual function index questionnaire, are selected for the study. Then, sexual function index and sexual satisfaction questionnaires are completed for the individuals in both groups one and four weeks after training, and the results are then compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014080518700N1**

Registration date: **2014-10-04, 1393/07/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-10-04, 1393/07/12

Registrant information

Name

Masoumeh Jafarzadeh

Name of organization / entity

Univercity Medical Siences Jondishapour Ahvaz

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor, Research Development Office, Ahvaz Jundishapour University of Medical Sciences (AJUMS)

Expected recruitment start date

2014-07-18, 1393/04/27

Expected recruitment end date

2014-09-18, 1393/06/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effects of individual and group education on sexual function and satisfaction among

postmenopausal women in Iran.

Public title

Comparison the effects of individual and group education on sexual function and satisfaction among postmenopausal women in Iran.

Purpose

Supportive

Inclusion/Exclusion criteria

Criteria to enter the study: Married postmenopausal women; women who have passed a minimum of one year and a maximum of five years since their last menstrual period; those aged 45 to 60 years; those with physical and mental health; those obtaining a score of 50-100 on the Sexual Satisfaction Test Questionnaire; the women who obtain a score less than 26/5 on the Sexual Function Index Test Questionnaire; those who can read and write. Criteria for exclusion from the study: A history of individual's and her spouse's suffering from any medical disease ; Occurrence of any stressful event over the past two months (e.g., death of a loved one); occurrence of physical and mental problems for menopausal women; drug addiction; Sexually transmitted diseases affecting sexual function.

Age

From **45 years** old to **60 years** old

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

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 Ahvaz Jundishapour University of Medical Sciences (AJUMS)

Street address

Faculty of Nursing & Midwifery, Ahvaz Jundishapour University of Medical Sciences (AJUMS), Golsetan Blvd.

City

Ahvaz

Postal code

61357-15749

Approval date

2014-07-16, 1393/04/25

Ethics committee reference number

ajums.rct.1393.86

Health conditions studied

1

Description of health condition studied

Satisfaction and sexual dysfunction in menopausal women

ICD-10 code

f52.8

ICD-10 code description

Other sexual dysfunctions not caused by organic disorder or disease

Primary outcomes

1

Description

Sexual satisfaction

Timepoint

Before intervention. One and four weeks after the intervention

Method of measurement

Sexual Satisfaction Questionnaire

Secondary outcomes

1

Description

Sexual dysfunction

Timepoint

Before intervention. One and four weeks after the intervention

Method of measurement

Sexual Dysfunction Questionnaire

Intervention groups

1

Description

"Intervention group: Four individual sexual training sessions for 60 minutes once a week"

Category

Lifestyle

2

Description

"Control group : Four group sexual training sessions for 1-1.5 hours once a week."

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health & Treatment Center No.1, Andimeshk

Full name of responsible person

Masoumeh Jafarzadeh

Street address

Opposite Social Security Organization (SSO), Sina Ave., Andimeshk

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research Development, Ahvaz Jundishapour University of Medical Sciences (AJUMS)

Full name of responsible person

Dr. Nader Saki

Street address

Research Development Deputyship, Ahvaz Jundishapour University of Medical Sciences (AJUMS)

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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 Development, Ahvaz Jundishapour University of Medical Sciences (AJUMS)

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

Ahvaz Jundishapour University of Medical Sciences (AJUMS)

Full name of responsible person

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Position

Master's (MSc) degree in midwifery

Other areas of specialty/work

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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