

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Structural Education on the Sexual Function of Pregnant Women Referred to Health Centers in Baharestan

Protocol summary

Study aim

The main objective of the project: Determining the effectiveness of structured education on female sexual function in pregnancy

Design

Design: Randomized, Not blinded, placebo not used. Statistical population: Pregnant women referred to health centers in the city of Baharestan, Tehran province. Inclusion criteria: Pass at least 4 weeks after giving birth to the mother, Maximum gestational age 34 weeks. The exclusion criteria will be: There is a history of preterm labor, There is a history of cervical failure, The presence of Placenta Previa. The sample size included 80 patients.

Settings and conduct

The study population is pregnant women referring to health centers in Baharestan, Tehran province. To do this, at first, four centers of eight urban health centers and the days when a researcher in each center will be present to register pregnant women will be drawn in the draw. In each center, any pregnant woman entering the study is enrolled in the scheme. This will continue until the number of registered people reaches 20. This will be done in all four selected centers. Pregnant women complete the FSFI questionnaire in both control and intervention groups. This is a questionnaire on sexual feelings and responses in the last 4 weeks. In the intervention group, using a training package based on the content of the training, 4 groups will be trained during one week. 2 weeks after the completion of the sessions, the questionnaires will be completed again by the mothers.

Participants/Inclusion and exclusion criteria

Inclusion criteria: pass at least 4 weeks after giving birth to the mother; maximum gestational age 34 weeks; not having a history of abortion. The exclusion criteria will be: history of preterm labor; history of cervical failure; presence of placenta previa.

Intervention groups

Pregnant women complete the FSFI questionnaire in both control and intervention groups. This is a questionnaire on sexual feelings and responses in the last 4 week. In the intervention group, using a training package based on the content of the training, 4 sessions will be held within a week of group training. In the control group, training is also provided on the benefits of breastfeeding and normal delivery. Two weeks after the end of the sessions, the questionnaires are completed again by the mothers.

Main outcome variables

Expected outcomes: the results of this study suggest that structured education improves the sexual function of pregnant women, it is suggested that the knowledge gained be used to provide a functional training package in health centers and sexual health centers.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140907019077N14**

Registration date: **2018-03-19, 1396/12/28**

Registration timing: **retrospective**

Last update: **2018-03-19, 1396/12/28**

Update count: **0**

Registration date

2018-03-19, 1396/12/28

Registrant information

Name

Sonia Oveisi

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 28 3333 6001

Email address soveisi@razi.tums.ac.ir	Other design features
Recruitment status Recruitment complete Funding source Qazvin University of Medical Sciences	Secondary Ids empty
Expected recruitment start date 2017-10-23, 1396/08/01 Expected recruitment end date 2018-01-20, 1396/10/30 Actual recruitment start date empty Actual recruitment end date empty Trial completion date empty	Ethics committees 1 Ethics committee Name of ethics committee Ethics committee of Qazvin University of Medical Sciences Street address Qazvin University of Medical Sciences, Bahonar Boulevard, Qazvin City qazvin Province Qazvin Postal code 59811-34197 Approval date 2017-11-04, 1396/08/13 Ethics committee reference number IR.QUMS.REC.1396.315
Scientific title The Effect of Structural Education on the Sexual Function of Pregnant Women Referred to Health Centers in Baharestan Public title The effectiveness of structured education on sexual function of pregnant women Purpose Health service research Inclusion/Exclusion criteria Inclusion criteria: Pass at least 4 weeks after giving birth to the mother Maximum gestational age 34 weeks Exclusion criteria: There is a history of preterm labor There is a history of cervical failure The presence of Placenta Previa Age From 15 years old to 49 years old Gender Female Phase N/A Groups that have been masked <i>No information</i> Sample size Target sample size: 80 Randomization (investigator's opinion) Randomized Randomization description The subjects registered in this study are divided into two intervention and control groups by random allocation method. At this stage, using the Balanced Block Randomization method, the samples are divided into 5 blocks, which, depending on whether they are in block A or B, are placed in the intervention or control group. Blinding (investigator's opinion) Not blinded Blinding description Placebo Not used Assignment Parallel	Health conditions studied 1 Description of health condition studied Female sexual function during pregnancy ICD-10 code F52.9 ICD-10 code description Unspecified sexual dysfunction, not caused by organic disorder or disease
	Primary outcomes 1 Description Sexual function Timepoint Before and two weeks after intervention Method of measurement Female sexual function index questionnaire
	Secondary outcomes 1 Description Desire Timepoint Before and two weeks after intervention Method of measurement Female sexual function index questionnaire

2

Description

Arousal

Timepoint

Before and two weeks after intervention

Method of measurement

Female sexual function index questionnaire

3

Description

Lubrication

Timepoint

Before and two weeks after intervention

Method of measurement

Female sexual function index questionnaire

4

Description

Orgasm

Timepoint

Before and two weeks after intervention

Method of measurement

Female sexual function index questionnaire

5

Description

Satisfaction

Timepoint

Before and two weeks after intervention

Method of measurement

Female sexual function index questionnaire

6

Description

Pain

Timepoint

Before and two weeks after intervention

Method of measurement

Female sexual function index questionnaire

Intervention groups

1

Description

Intervention group: First, the sexual performance questionnaire is completed by the mothers and their sexual function is measured. Then, participants participate in educational sessions based on the designed training package. The group training sessions are held within a week, which includes 4 sessions for 60 minutes. Two weeks after completing the training sessions, the sexual performance questionnaire will be completed by pregnant mothers.

Category

N/A

2

Description

Control group: First, the sexual performance questionnaire is completed by the mothers and their sexual function is measured. In this group, training is provided on the benefits of breastfeeding and normal delivery, and the sexual performance questionnaire is completed after two weeks.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

valieasr health service center

Full name of responsible person

Mahnaz esmaili

Street address

Shahid Rajaee Square, Shahid Kouhpae St.

City

Baharestan

Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Phone

+98 21 5661 7036

Email

mhs_1924@yahoo.com

2

Recruitment center

Name of recruitment center

Golestan health service center

Full name of responsible person

Mahnaz esmaili

Street address

Second Golestan Square - opposite Husseinieh

City

Baharestan

Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Phone

+98 21 5632 2443

Email

mhs_1924@yahoo.com

3

Recruitment center

Name of recruitment center

Ammar health service center

Full name of responsible person

Mahnaz esmaili

Street address

Sultan Abad-Shahid Chamran Avenue, Iran's Land Lab

City
Baharestan
Province
Tehran
Postal code
۱۳۹۹۶۱۴۵۳۵
Phone
+98 21 5632 1412
Email
mhs_1924@yahoo.com

4

Recruitment center

Name of recruitment center
Sabzdasht health service center
Full name of responsible person
Mahnaz esmaili
Street address
Ferdows Avenue - next to Fadak Park
City
Baharestan
Province
Tehran
Postal code
۱۳۹۹۶۱۴۵۳۵
Phone
+98 21 5633 1588
Email
mhs_1924@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research of Qazvin University of Medical Sciences
Full name of responsible person
Amir Peymani
Street address
Qazvin University of Medical Sciences, Bahonar Boulevard, Qazvin
City
Qazvin
Province
Qazvin
Postal code
59811-34197
Phone
+98 28 3333 6001
Email
apeymani@qums.ac.ir

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 of Qazvin 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
Qazvin University Of Medical Sciences
Full name of responsible person
Mahnaz esmaili
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Street address
Qazvin University of Medical Sciences, Bahonar Boulevard, Qazvin
City
Qazvin
Province
Qazvin
Postal code
59811-34197
Phone
+98 21 5633 2239
Fax
Email
mhs_1924@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Qazvin University Of Medical Sciences
Full name of responsible person
Sonia Oveisi
Position
Ph. D
Latest degree
Ph.D.
Other areas of specialty/work
Street address
Qazvin University of Medical Sciences, Bahonar Boulevard, Qazvin
City
Qazvin
Province
Qazvin
Postal code
59811-34197

Phone
+98 28 3333 6001
Fax
Email
soveisi@razi.tums.ac.ir
Web page address

+98 28 3333 6001
Fax
Email
MHS_1924@YAHOO.COM
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Qazvin University Of Medical Sciences
Full name of responsible person
Mahnaz Esmaili
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Street address
Qazvin University of Medical Sciences, Bahonar
Boulevard, Qazvin
City
Qazvin
Province
Qazvin
Postal code
59811-34197
Phone

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available