

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jun 2026

### Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

#### Protocol summary

##### Summary

The current study aims to determine the effect of teaching the "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women who have referred to the Shahid Beheshti Medical University health centers. This research is quasi-experimental, in such a way that a list of the health centers relevant to the Shahid Beheshti Medical University is provided first. Three health centers will be randomly selected then; in these three centers, the samples (50 menopausal and 50 non-menopausal women) will be selected continuously based on the entry criteria to join the research. The population under study must be healthy Iranians free from any chronic illnesses, having had a natural menopause, and living within the first ten years of menopause; besides, the non-menopausal women mustn't be during their pregnancy or breastfeeding. teaching this pattern and help an increase in intimacy and the sexual satisfaction of women. After obtaining written consent sexual intimacy and sexual satisfaction will be measured and then for each group separately three 60-minute sessions spaced 10 days on the base of " good enough sex model" is organized, again, two weeks after the last session sexual intimacy and sexual satisfaction will be checked. The primary outcome in this study is sexual intimacy and sexual satisfaction.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016072120854N4**  
Registration date: **2017-03-12, 1395/12/22**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-03-12, 1395/12/22

##### Registrant information

###### Name

Hedyeh Riazi

###### Name of organization / entity

Shahid Beheshti University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 912 386 5612

###### Email address

h.riazi@sbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Privately funded.

##### Expected recruitment start date

2016-12-05, 1395/09/15

##### Expected recruitment end date

2017-03-20, 1395/12/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

##### Public title

Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

##### Purpose

Supportive

## Inclusion/Exclusion criteria

Inclusion criteria: Being Iranian; Willing to participate in the study and be available during the next month; Living with their spouse during the study; Have a minimum education (reading and writing); Neither wife nor husband mustn't have experienced any serious tension during the study; Having a natural menopause; Being in the first ten years of their menopause; Not being in the period of pregnancy or breastfeeding. Exclusion criteria Women who may get pregnant during the study; Women who do not have desire to continue their cooperation with the researcher; Women who would be unable to participate in all the three education sessions.

## Age

From **20 years** old to **65 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **50**

## Randomization (investigator's opinion)

N/A

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

This study is designed to assess the sexual intimacy and sexual satisfaction before and after education in the study population.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahid Beheshti University of Medical Sciences

##### Street address

Vali Asr Avenue, cross of Niyayesh, in front of Shahid Rajai Hospital, Nursing and Midwifery school

##### City

Tehran

##### Postal code

1985717443

#### Approval date

2016-01-19, 1394/10/29

#### Ethics committee reference number

IR.SBMU.PHNM.1394.264

## Health conditions studied

### 1

#### Description of health condition studied

sex counselling

#### ICD-10 code

Z70.1

#### ICD-10 code description

Counselling related to sexual attitude, behaviour and orientation

## Primary outcomes

### 1

#### Description

Sexual intimacy

#### Timepoint

Before intervention and 2 weeks after the end of intervention

#### Method of measurement

Questionnaire of sexual intimacy

### 2

#### Description

Sexual satisfaction

#### Timepoint

Before intervention and 2 weeks after the end of intervention

#### Method of measurement

Questionnaire of sexual satisfaction

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention is on the base of education. Education is based on "good enough sex model" for menopausal and non-menopausal women in three sessions. This strategy is separately applied for each group of them. Classes will be held with 10 days interval as well as each session is 1 hour.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Health centers relevant to the Shahid Beheshti University of Medical sciences

##### Full name of responsible person

Neda shokri

**Street address**  
**City**  
Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Shahid Beheshti University of Medical Sciences  
**Full name of responsible person**  
Mahrokh Dolatian  
**Street address**  
Valieasr av. cross Niyayesh  
**City**  
Tehran  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Shahid Beheshti 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

### Contact

**Name of organization / entity**  
School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences  
**Full name of responsible person**  
Neda Shokri  
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Ms student of midwifery  
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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Hedyeh Riazi  
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Ph.D in Reproductive Health/Academic member of Midwifery and Reproductive Health Department  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
**Full name of responsible person**  
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**Other areas of specialty/work**  
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**Web page address**

## 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*