

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Protocol summary

Summary

This clinical trial, non-blind, randomized, two-center, 80 patients randomly assigned to two experimental and control groups of 40 people each, complete demographic and Female Sexual Function Index before intervention and experimental group for 24 sessions over 8 weeks and every 45 to 60 minutes, three days a week as a day and control group routine activities - The exercise in the first four weeks: 1. brisk walking and running (warm-up) 10 minutes 2. The exercise movements 15 Minutes 3. Stretching 10 minutes 4. 10-minute cool-down Exercise in the last four weeks: 1. 15 minutes of brisk walking and jogging 2. The exercise movements 20 Minutes 3. Stretching 15 minutes. 4. 10-minute cool-down After the exercises, both groups were given a month to break their routine activities and follow up on a completing this form will be women's sexual functioning.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015060122325N2**

Registration date: **2015-06-23, 1394/04/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-06-23, 1394/04/02

Registrant information

Name

Firoozeh Tadayon Nejad

Name of organization / entity

Abadan Arvand University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 613331031

Email address

tadayon.f@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz University Of Medical Sciences

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-09-23, 1394/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Public title

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: between the ages of 45-18 years; married, at least two years of their common past; life wife; Sexual Function Index score is less than or equal to 26.5; The minimum read and write, Exclusion criteria: postmenopausal women; history of chronic medical illnesses and cardiovascular; The history of infertility; The history of hysterectomy; pregnancy or breast-feeding during the study; Drug Addiction; The drugs affect sexual function; mental health problems diagnosed in each couple and individual mobility problems; surgery in the last six months; professional

athletes (those who exercise programs for more than 30 minutes a day, 5 to 7 days a week); If a person is missing several sessions are excluded.

Age

From **49 years** old to **76 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Arvand International University of Medical Sciences

Street address

In front of the International Airport Terminal

City

Abadan

Postal code

00981579461357

Approval date

2015-03-14, 1393/12/23

Ethics committee reference number

ajums.REC.1393.434

Health conditions studied

1

Description of health condition studied

female sexual dysfunction

ICD-10 code

Z50.8

ICD-10 code description

care involving use of other rehabilitation procedures

Primary outcomes

1

Description

female sexual function

Timepoint

Before the intervention, one month after the intervention

Method of measurement

Female Sexual Function Index questionnaire based on the score

Secondary outcomes

empty

Intervention groups

1

Description

control group: intervention is not done

Category

Treatment - Other

2

Description

experimental group for 24 sessions over 8 weeks and every 45 to 60 minutes, three days a week as a day of routine exercises The exercise in the first four weeks: 1. brisk walking and running (warm-up) 10 minutes 2. The exercise movements 15 Minutes 3. Stretching 10 minutes 4. 10-minute cool-down Exercise in the last four weeks: 1. 15 minutes of brisk walking and jogging 2. The exercise movements 20 Minutes 3. Stretching 15 minutes. 4. 10-minute cool-down

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center, No. 8 West Ahvaz

Full name of responsible person

Firoozeh Tadayon Nejad, Graduate student Midwifery

Street address

Lashkar circle, Enghelab square

City

Ahvaz

2

Recruitment center

Name of recruitment center

Medical Clinic, 1 West Ahvaz

Full name of responsible person

Firoozeh Tadayon Nejad, Graduate student Midwifery

Street address

South Sheikh Baha Street, Department of Social Welfare

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Nader Saki
Street address
Golestan Highway
City
Ahvaz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz 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
Ahvaz University of Medical Sciences
Full name of responsible person
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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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