

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of group sexual counseling on belief, attitude and quality of the marital relationship of pregnant women .

Protocol summary

Summary

The aim of this randomized clinical trial, single blind, is to determine the Effect of group sexual counseling on belief, attitude and quality of the marital relationship in pregnant women. This study will be carried out on 100 pregnant women referred to 5 public health centers in Zahedan: Iran. (20 pregnant women in each center). Researcher from all eligible women: after getting informed consent will request to complete self-administered questionnaire about demographic and Sexual behavior and questions about sexual beliefs and attitudes in pregnancy and Perceived Relationship Quality components questionnaire. Then we will randomly allocate them into intervention and control groups. We will implement the sexual counseling in the intervention group and will be received only routine care in the control group. The group counseling will be held in 5 sessions of 90 minutes, three times a week during two consecutive weeks. In first session: anatomy and physiology of the female and male reproductive system, physical and psychological changes during pregnancy, second session: Natural sexual response cycle and changes in sexual patterns during pregnancy. the third session: attitudes and beliefs about sex in pregnancy, the fourth session: Change negative attitudes and beliefs about sexual activity in pregnancy and in Fifth Session will be described about Safe sex. The participants will complete post-test questionnaires in 6 weeks after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061322695N1**

Registration date: **2015-08-06, 1394/05/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-08-06, 1394/05/15

Registrant information

Name

Parvin Soltani

Name of organization / entity

Zahedan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 54 3344 2482

Email address

p_soltani@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice- chancellor research & technology , Zahedan University Of Medical Science

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of group sexual counseling on belief, attitude and quality of the marital relationship of pregnant women .

Public title

Effect of group sexual counseling on belief, attitude and quality of the marital relationship of pregnant women.

Purpose

Health service research

Inclusion/Exclusion criteria
 Inclusion criteria: Healthy pregnant women aged 18 to 39 years, Healthy pregnant women with gestational age of 15-28 weeks (by LMP or ultrasound) which has health records at the center of health care, Life couples (couples living together during pregnancy). Exclusion criteria: High-risk pregnancies, such as vaginal bleeding, placenta Prvia, cervix incompetency, multiple pregnancies, pregnancy by assisted reproduction techniques, threatened abortion, chronic medical conditions (hypertension, diabetes, etc.), Recent or repeated abortions, Addiction in husband or wife, History of sexual dysfunction or untreated psychiatric disorder before pregnancy in couples, Bigamy, Drugs affect on sexual desire such as antidepressants

Age
 From **18 years** old to **39 years** old

Gender
 Female

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)
 Single 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 Zahedan University of Medical Sciences
Street address
 Pardis Zahedan University of Medical Science, Dr hesabi Sq
City
 Zahedan
Postal code
 9816743463
Approval date
 2015-05-31, 1394/03/10
Ethics committee reference number
 IR.ZAUMS.REC.1394.103

Health conditions studied

1
Description of health condition studied
 Sex counselling in pregnancy
ICD-10 code
 Z70.9
ICD-10 code description
 Sex counselling , Unspecified

2
Description of health condition studied
 sex counselling in pregnancy
ICD-10 code
 Z70.8
ICD-10 code description
 Other sex counselling

Primary outcomes

1
Description
 Belief
Timepoint
 Before the start intervention, Six weeks after finishing intervention
Method of measurement
 Sexual Beliefs Questionnaire in pregnancy

2
Description
 Attitude
Timepoint
 Before the start intervention, Six weeks after finishing intervention
Method of measurement
 Attitudes toward sexual activity Questionnaire in pregnancy

Secondary outcomes

1
Description
 Quality of the marital relationship
Timepoint
 Before the start intervention, Six weeks of the finishing intervention
Method of measurement
 Perceived Relationship Quality Components

Intervention groups

1
Description
 Intervention group will receive sexual counseling in 5 sessions of 90 minutes three times a week during two

consecutive weeks .

Category

Lifestyle

2

Description

Control group will received only the centers routine care

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Musa bin Ja'far Health Center

Full name of responsible person

Parvin Soltani

Street address

Mostafa Khomeini 27 St, Zahedan

City

Zahedan

2

Recruitment center

Name of recruitment center

Emam Hadi Health Center

Full name of responsible person

Parvin Soltani

Street address

Ganbazan11 St, Ganbazan BLVD, Zahedan

City

Zahedan

3

Recruitment center

Name of recruitment center

Seyed Alshhda Health Center

Full name of responsible person

Parvin Soltani

Street address

Mir hosseini St, SHahid Ragai BLVD, Zahedan

City

Zaheadan

4

Recruitment center

Name of recruitment center

Emam hasan Mojtaba health Center

Full name of responsible person

Prvin Soltani

Street address

Jame jam 16 St, Jame jam BLVD, Zahedan

City

Zahedan

5

Recruitment center

Name of recruitment center

Valiasr Health Center

Full name of responsible person

Parvin Soltani

Street address

Mjdyh 23 St, Shir abad, Zahedan

City

Zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor research & Technology, Zahedan
University of Medical Science

Full name of responsible person

Houshang Rafighdoost

Street address

Pardis Zahedan University of Medical Science, Dr
Hessabi Sq

City

Zahedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor research & Technology, Zahedan
University of Medical Science

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

Zahedan University of Medical Science

Full name of responsible person

Parvin Soltani

Position

Masters Student Midwifery Counseling

Other areas of specialty/work

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Person responsible for scientific inquiries

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Position

Associate Professor

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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