

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of sexual training on sexual satisfaction of infertile women based on sexual health model

Protocol summary

Summary

Objective:: The effect of sexual training on sexual satisfaction of infertile women based on the sexual health model. Design: The study was a randomized clinical trial with two groups of experimental and control. It was conducted single blind using pretest-posttest design. Implementation: We used non-probability sampling and infertile women who were under treatment in Milad Infertility Center of Mashhad were allocated to the experimental and control group randomly. There were 54 subjects within each group, and random allocation was used to form 5-8 persons groups in the experimental group. Inclusion criteria: Being Iranian, age 18 to 40 years. Exclusion criteria: Withdrawing from the study for any reason and canceling treatment cycle. Intervention: three 90-minute training sessions were held for experimental group during a month based on sexual health model. In current study, we used demographic characteristics questionnaire, Depression, Anxiety and Stress Scales (DASS-21) and also the Golombok Rust Inventory of Sexual Satisfaction (GRISS-F). After obtaining written consent from all subjects, pretest was conducted. There was no intervention in control group. After a month, posttest was given both groups by a research assistant who was unaware of allocation method. Then information was analyzed. In addition, training pamphlets were given to the control group at the end of the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102724469N2**

Registration date: **2017-03-13, 1395/12/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-13, 1395/12/23

Registrant information

Name

Maryam Alizadeh

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Mashhad University of Medical Sciences

Expected recruitment start date

2016-06-14, 1395/03/25

Expected recruitment end date

2016-09-20, 1395/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of sexual training on sexual satisfaction of infertile women based on sexual health model

Public title

The effect of sexual training on sexual satisfaction of infertile women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Being Iranian and Muslim; literacy; giving a written consent; 18 to 40 years; living with husband at the moment and at least for one year; being the only wife for her husband; having official marriage; having vaginal intercourse; infertility acknowledgement by gynecologist; earning less than 75% of total score in the Golombok Rust Inventory of Sexual Satisfaction (GRISS-F); having a phone number. Exclusion criteria in the beginning of the study: Taking medicine affecting sexual function; happening stressful events during the past 6 months for any of couples; being under psychiatric treatment for mental disorders; having severe depression; drug or alcohol addiction in any of couple; having an adopted child; having major conflicts with husband; studying books or consulting about sexual issues during the past 6 months; studying books or consulting about marital relations during the past 6 months; being under treatment for sexual dysfunction in any of couple or taking medicine lead to change in sexual desire during the past 3 months. Exclusion criteria during the study: No tendency to cooperate with research team; not having sex until posttest; occurring stressful event during the intervention; receiving sexual training during the intervention; being absent for one session or more.

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **108**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

54 subjects were allocated to each group of intervention and control randomly. For this purpose, folded bits of paper labeled "intervention" and "control" were utilized. We wanted qualified individuals to pick one paper out of a receptacle. The label on the paper showed sampling group, and that was continued until completion of the sample size.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

Street address

Mashhad University of Medical Sciences, Vice chancellor for research, Ghoraishy Building, University St

City

Mashhad

Postal code

Approval date

2016-05-28, 1395/03/08

Ethics committee reference number

IR.MUMS.REC.1395.116

Health conditions studied

1

Description of health condition studied

The effect of sexual training on infertile women's sexual satisfaction

ICD-10 code

N97.9

ICD-10 code description

Female infertility, unspecified

Primary outcomes

1

Description

sexual satisfaction

Timepoint

1 month Before the intervention, 1 month After the intervention

Method of measurement

Golombok John Rust Sexual satisfaction questionnaire (Griss-F)

Secondary outcomes

1

Description

stress ,anxiety ,depression

Timepoint

Before the intervention, After the intervention

Method of measurement

stress ,anxiety and depression questionnaire(DASS21)

Intervention groups

1

Description

Three 90-minute sessions were held in Milad Infertility Center of Mashhad during a month. Aims of the study were explained in the first 10 minutes of each session

and questions about sexual issues were stated. In the next 60 minutes, individuals received training by speech using the slide show. The last 20 minute was allocated to question and answer and also to resolve ambiguity by a psychologically trained researcher. The content of first session was included sex, sexual anatomy and its function and sexual health challenges. Sexual identity, sexual health care, safe sex and positive sexual relationships were discussed in the second session, and the third session was about body image, sexual fantasies, relationships, intimacy and spirituality.

Category

Behavior

2**Description**

There was no intervention in the control group

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Infertility Center of Milad

Full name of responsible person

Firoozeh Shafighi

Street address

Akhoond Khorasani, Mashhad

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences, Vice chancellor for research

Full name of responsible person

Mohsen Tafaghodi

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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

Mashhad University of Medical Sciences, Vice chancellor for research

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**

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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