

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 2026

The effectiveness of sexual counseling based on PLISSIT(Permission-Limited Information- Specific Suggestion- Intensive Therapy) model on sexual function and satisfaction in menopausal women

Protocol summary

Summary

Objective: A clinical trial, with block randomization design, to determine the effectiveness of sexual counseling based on PLISSIT model on sexual function and satisfaction in menopausal women. Study population: Menopausal women with age between 45 to 65 years old. Inclusion criteria: Having less one sexual problems; no having vaginal and cervical infection; no having serious physiological problem; menopausal women; women age between 45 to 65 years old; married and having an intact marriage. Exclusion criteria: Alcohol, drug and other psychotropic drugs abuse; having severe mental disorder; unsavory life event occurrence. Sample size: 50 cases. Study intervention: Menopausal women receiving consultation based on PLISSIT model (Permission-limited Information-Specific Suggestion-Intensive Therapy) in two 1.5-hour sessions. Study outcome: Evaluation of sexual function based on PLISSIT model in menopausal women in comparison with the control group. Evaluation of sexual function and satisfaction based on FSFI model, scores of sexual function and satisfaction will be assessed one and two months post-intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015113025304N1**
Registration date: **2016-03-19, 1394/12/29**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-19, 1394/12/29

Registrant information

Name

Mahboobeh Belbasi

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Mashhad University of Medical Sciences

Expected recruitment start date

2016-05-25, 1395/03/05

Expected recruitment end date

2016-09-23, 1395/07/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of sexual counseling based on PLISSIT(Permission- Limited Information- Specific Suggestion- Intensive Therapy) model on sexual function and satisfaction in menopausal women

Public title

The effectiveness of sexual counseling based on PLISSIT model on menopausal women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having less one sexual problems; no having vaginal and cervical infection; no having serious physiological problem; menopausal women; women age between 45 to 65 years old; married and having an intact marriage. Exclusion criteria: Alcohol, drug and other psychotropic drugs abuse; having severe mental disorder; unsavory life event occurrence.

Age

From **45 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)

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

Ethics Committee of Mashhad University of Medical Sciences

Street address

Vice Chancellor for Research, Mashhad University of Medical Sciences, Ghoreishi building, Daneshgah Street, Mashhad

City

Mashhad

Postal code

Approval date

2015-05-23, 1394/03/02

Ethics committee reference number

IR.MUMS.REC.1394.138

Health conditions studied

1

Description of health condition studied

Sexual problem

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction,not caused by organic disorder or disease

Primary outcomes

1

Description

Sexual function

Timepoint

At baseline, one and two months post-intervention.

Method of measurement

FSFI questionnaire

Secondary outcomes

1

Description

Sexual satisfaction

Timepoint

At baseline, one and two months post-intervention.

Method of measurement

Question sexual satisfaction

Intervention groups

1

Description

Intervention group: menopausal women with age between 45 to 65 years receiving consultation based on PLISSIT model in two 1.5-hour sessions. Scores of sexual function and satisfaction will assess one and two months post-intervention.

Category

Treatment - Other

2

Description

Control group: menopausal women with age between 45 to 65 years not receiving consultation. Scores of sexual function and satisfaction will assess one and two months post.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Danesh Amuz Health Center-Mashhad

Full name of responsible person

Mahboobeh Belbasi

Street address

Ebne Sina Avenue, Doktora Crossroads

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

Street address

Vice Chancellor for Research, Mashhad University of Medical Sciences, Ghoreishi building, Daneshgah Street, Mashhad

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Mashhad

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, Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Mahboobeh Belbasi

Position

Postgraduate Midwifery Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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khadigeh Mirzaiinamabadi

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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