

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

25 Jun 2026

### The impact of walking using pedometer on sexual function of post menopausal women

#### Protocol summary

##### Summary

(1) Objectives: The impact of walking using pedometer on sexual function of post menopausal women. (2) Design: This study is a clinical trial that will be conducted using random sampling. (3) Setting and conduct: Health Center and among the visitors to the 106 by the initial interviews after the researcher selected and in the control and intervention. On the first meet will be completed the demographic information questionnaire, sexual performance disorder and physical activity questionnaire for samples. The control and intervention group will be examined after 4 weeks and again after 8 weeks and to be completed for them sexual performance disorder and physical activity questionnaire. (4) Participants including major eligibility criteria: Inclusion main criteria included: postmenopausal women aged 60\_45 years: cessation of menstruation for 12 months: the tendency is to walk and people with sexual dysfunction. Exclusion main criteria included: women with muscular\_skeletal disease: Heart disease is the prohibition on walk: hormone therapy. (5) Intervention: To each of the women in the intervention group is a device will be delivered to the pedometer. During the study, the intervention group with a pedometer count your daily steps records on a daily basis in a calendar that is in their possession and every week walking through SMS and its benefits to them will remember and follow. The control group received no intervention. (6) Main outcome measures variables: sexual performance, sexual desire, stimulation, humidity, orgasm, satisfaction.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016060228220N1**

Registration date: **2016-07-13, 1395/04/23**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-07-13, 1395/04/23

##### Registrant information

###### Name

Ilnaz Zohrabi

###### Name of organization / entity

School of Nursing and Midwifery, Ahvaz Jundishapur University of Medical Science and Health Services

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 3373 8331

###### Email address

zohrabi.i@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ground floor, Ahvaz Junishapur University of Medical Science and Health Services of Department Research Development and Technological, Academic city, Ahvaz

##### Expected recruitment start date

2016-06-21, 1395/04/01

##### Expected recruitment end date

2016-08-22, 1395/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The impact of walking using pedometer on sexual function of post menopausal women

##### Public title

The impact of Walking on sexual function in

postmenopausal women

### **Purpose**

Supportive

### **Inclusion/Exclusion criteria**

Inclusion main criteria included: postmenopausal women aged 60\_45 years: cessation of menstruation for 12 months or having evidence of an increase in pituitary hormones (FSH and LH): a desire for a walk: people with sexual dysfunction and have at least basic literacy. exclusion main criteria included: women with Muscular\_Skeletal disease: knee joint problems: History of hip and legs fractures: Heart disease is the prohibition on walk: hormone therapy.

### **Age**

From **45 years** old to **60 years** old

### **Gender**

Female

### **Phase**

2

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **106**

### **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**

Ahvaz JundiShapur University of Medical Sciences and Health Services of Ethics Committee

##### **Street address**

Ahvaz Jundishapur University of Medical Science and Health Services, Golestan BLV, Ahvaz

##### **City**

Ahvaz

##### **Postal code**

61357-15794

##### **Approval date**

2016-04-20, 1395/02/01

##### **Ethics committee reference number**

IR.AJUMS.REC.1395.62

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Sexual function

#### **ICD-10 code**

F52.9

#### **ICD-10 code description**

Unspecified sexual dysfunction, not caused by organic disorder or disease

## **Primary outcomes**

### 1

#### **Description**

Sexual function

#### **Timepoint**

Before the intervention, 4 week after the intervention began, 8 week after the intervention.

#### **Method of measurement**

FSFI questionnaire

## **Secondary outcomes**

### 1

#### **Description**

physical activity

#### **Timepoint**

Before the intervention, 4 week after the intervention, 8 after the intervention.

#### **Method of measurement**

IPAC physical activity questionnaire

## **Intervention groups**

### 1

#### **Description**

To any of those groups after the project justification, will be given a pedometer. After you set up pedometer, and learning how to use it in order to properly control the performance of the pedometer will be asked in the same place for 5 minutes walk and record the steps by pedometer will control their own while counting the steps generally done by scholar also verbally. It is also taught that the pedometer every day from the beginning of the day excluding bedtime and bathe on a belt or a skirt on the dominant leg (left or right) to install and use. Each pedometer step number 40000 in his memory. Then with a small note book information necessary to use the pedometer and ways to communicate with the researcher in it and people will be trained. The intervention group recommended to walk with each step you feel comfortable with starting number and each week add 500 steps to its previous. Then the researcher each week and encouraging message or a phone call \_ a report for a group incentive intervention and encourage people to do the daily walk, a report of the status of progress can be taken up to the end of the 8 week of each individual group SMS and 8 week intervention a phone call and an educational pamphlet will receive. At

the end of weeks 4 and 8 physical activity and sexual function questionnaire will be completed for the intervention group. At the end of the note book and pedometer will be collected.

**Category**

Lifestyle

**2****Description**

The control group in the study after it is accepted within 8 weeks of your routine life and at the end of week 4 and 8, physical activity and sexual performance disorder questionnaire, for they will be completed. At the end of the study of educational pamphlets about the benefits available to women in the walking group will also control.

**Category**

Lifestyle

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

Ahvaz East Health Center

**Full name of responsible person**

Somaye Ansari

**Street address**

Ahvaz East Health Center, facing the Hafttir Park, Rastegari Street, Ayatollah Behbahani highway, Ahvaz

**City**

Ahvaz

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

Vice chancellor for research, Ahvaz Jundishapur University of Medical Science

**Full name of responsible person**

Doctor Behzad Sharif Makhmalzadeh

**Street address**

Ground floor, Ahvaz Junishapur University of Medical Science and Health Services of Department Research Development and Technological, Academic city, Ahvaz

**City**

Ahvaz

**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, Ahvaz Jundishapur 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**

School of Nursing and Midwifery, JundiShapur University of Medical Sciences and Health Services

**Full name of responsible person**

Ilnaz Zohrabi

**Position**

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www.ajums.ac.ir/ www.fnursing.ajums.ac.ir

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

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**Web page address**

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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*