Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of non pharmacological interventions for sleep quality improvement on sexual quality of life and sexual self-efficacy of female nurses

Protocol summary

Summary

The purpose of this study was to determine the effect of non-pharmacological interventions on quality of sleep and quality of sexual life of nurses in Imam Hossein is anymore. Design: This study was a randomized controlled clinical trial is two groups. After the intervention, the consequences can be calibrated again two months later. Participants included participants' inclusion and exclusion criteria: Inclusion criteria: Living with wife; no history of physical or mental illness, lack of sleep or psychotropic drugs, resulting in sexual dysfunction. Spend conditions of the study: unwillingness to participate in the study during the study; attending improving sleep or sexual disorders. Interventions: In this study include non-pharmacological intervention in this group of non-pharmaceutical interventions used to improve sleep quality. Benson muscle relaxation techniques, lifestyle modification, modified standard sleep patterns and recommend remedies will be used before sleep. The workshops will be held by educational content. The main outcome variables: Including the quality of sleep and quality of sexual life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016081629384N1**
Registration date: **2016-10-02, 1395/07/11**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-10-02, 1395/07/11

Registrant information

Name

Nooshin Ahmadian Chashmi

Name of organization / entity

Shahroud University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shahroud University of Medical Sciences

Expected recruitment start date

2016-10-01, 1395/07/10

Expected recruitment end date

2016-11-30, 1395/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of non pharmacological interventions for sleep quality improvement on sexual quality of life and sexual self-efficacy of female nurses

Public title

Effects of sleep quality improvement on sexual quality of life female nurses

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Living with husband; No history of medical or psychiatric conditions; Lack of sleep drugs or

psychotropic; Sexual Dysfunction in husband. Exclusion criteria: unwillingness to participate in the study; History of participation in classes improving sleep or sexual disorders.

Age
From **24 years** old to **54 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **280**

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 Shahroud University of Medical Sciences

Street address
No:126, Tehran St, Hafte Tir SQ, Shahroud

City
Shahroud

Postal code
3614773955

Approval date
2016-08-10, 1395/05/20

Ethics committee reference number
SHMU.REC.1395.74

Health conditions studied

1

Description of health condition studied
Sexual Problems

ICD-10 code
F52

ICD-10 code description
Sexual dysfunction, not caused by organic disorder or disease

Primary outcomes

1

Description
Sexual Quality of Life

Timepoint
Two Months After

Method of measurement
Sexual Quality of Life Questionnaire

Secondary outcomes

1

Description
Sleep Quality

Timepoint
Two Months After

Method of measurement
Pittsburgh Sleep Quality Index

Intervention groups

1

Description
The intervention group: The group of non-pharmaceutical interventions used to improve sleep quality. Benson muscle relaxation techniques, lifestyle modification, modified standard sleep patterns and recommend remedies will be used before sleep. The workshops will be held by educational content.

Category
Behavior

2

Description
The control group: no intervention to be done in the control group.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Emam Hossein hospital of Shahrouds

Full name of responsible person
Nooshin Ahmadian Chashmi

Street address
No 56, Imam Hossein Hospital, Imam Hossein Sq, Touhidi St

City
Shahroud

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Shahroud University of Medical Sciences

Full name of responsible person
Mohammad Hassan Emamian

Street address
No:126, Tehran St, Hafte Tir SQ, Shahroud

City
Shahroud

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, Shahroud 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
Shahroud University of Medical Sciences

Full name of responsible person
Nooshin Ahmadian Chashmi

Position
Midwife

Other areas of specialty/work

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Position
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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