

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 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)

##### Phone

+98 911 153 7534

##### Email address

nooshinahmadian@shmu.ac.ir

##### 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****Street address**

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## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Mohammad Mirrezaie

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Social Medicine Specialist

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## Person responsible for updating data

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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*