Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of Mizaj- Based education on Couples sexual satisfaction

Protocol summary

Summary

The aim of this study is to determine the effect of performing mizaj-based education on couples' sexual satisfaction. This is a Randomized Controlled Trial study. 30 couples attending to healthcare centers of Sari city, with reproductive age, at least one year get married, live with their spouse and have sexual dissatisfaction, if they wish to participate in the study, they are randomly divided into control (15 couples) and intervention groups (15 couples). The samples will not be deleted but it will be done by intention-to-treat method. Sessions will be held in groups. The study questionnaire include of demographic information, GHQ, Larson , check table the positive and negative stimuli identification impact on sexual satisfaction. At baseline, participant in both groups will complete questionnaires. Then couples in intervention group participate in 4 training 120 minute sessions once a week. The assessment of sexual satisfaction in two groups will be conducted during the zero stage and 4 weeks and 3 months after starting the study. The person assessing the outcome, about the group that belongs the participant in it, is blind. In order to ethical considerations, at the end of sampling, a session of health education will be held and the educational booklet will be presented to the couples in control group.

General information

Acronym

Effect of Mizaj- Based education on sexual satisfaction

IRCT registration information

IRCT registration number: **IRCT2017041631117N2**
Registration date: **2017-10-26, 1396/08/04**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-10-26, 1396/08/04

Registrant information

Name

Soghra Khani

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for research, Mazandaran University of Medical Sciences, Sari, Iran

Expected recruitment start date

2017-10-12, 1396/07/20

Expected recruitment end date

2018-04-20, 1397/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Mizaj- Based education on Couples sexual satisfaction

Public title

Effect of Mizaj- Based education on Couples sexual satisfaction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Couple in their reproductive age; whom be married at least for one year; one or both of them have sexual dissatisfaction; don't have physical or mental diseases according to GHQ questionnaire.

Exclusion criteria: Mental and physical disorders such as diabetes; thyroid; hypertension and heart diseases which cause sexual disorder; taking medications which make sexual disorder; receiving treat for sexual disorder (medication or behavior).

Age
From **15 years** old to **49 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
nothing

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Mazandaran University of Medical Sciences

Street address
vice chancellor for research of Mazandaran University of Medical Sciences, Moalem Square.

City
Sari

Postal code

Approval date
2017-03-05, 1395/12/15

Ethics committee reference number
IR.MAZUMS.REC.95. 2854

Health conditions studied

1

Description of health condition studied
sexual unsatisfaction

ICD-10 code
F52, F52.1

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

Primary outcomes

1

Description
sexual unsatisfaction

Timepoint
0, 4weeks and 3 months after intervention

Method of measurement
Larson's sexual satisfaction (LSS) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Four educational–consultative sessions will be held in couples once a week. The contents of the sessions include, training in the field of mizaj and correction of general behaviors including sleep and wake, nutrition, mental status, stress and discharge of body`s wasted.

Category
Lifestyle

2

Description
Control group: Individual health education provided to the control group during the study period. for ethical considerations, a mizaj education booklet will give to this group.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
4 healthcare centers, Sari city

Full name of responsible person
Dr Soghra Khani

Street address
sexual and reproductive health research center, Vesal street, Amir Mazandarani Boulvard

City
Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice-chansellor for research Mazandaran University of Medical Sciences

Full name of responsible person
Dr Enayati
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vice chansellor for research of Mazandaran University of Medical Sciences, Moalem squre
City
Sari
Grant name
Grant code / Reference number
95-2854
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice-chansellor for research Mazandaran 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
Mazandaran University of Medical Sciences, Sexual and Reproductive Health Research Center
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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