Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of Mizaj- Based education on Couples’ sexual satisfaction

Protocol summary

Summary

This study was done on 2017 on couples who called clinical centers in SARI aiming on their sexual dissatisfaction. 30 couples who are uplifted for the research divided in 2 groups that recognize with questioner with number of sample's in each group of 15 controlled. The sample will not be deleted but it will be done by INTENTION – TO – TREAT method. After determining the condition and Criterion of entrance, will be present of the control group and after accomplishing the operational stages of the study, a training booklet and 4 training session 120 minute once a week after another adjustment will be present of them in the group form. The final gender assessment will be conducted during the zero stage and 4 weeks and 3 months after starting the study by the consulting professor who is not informed of the group. 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. A week later, the intervention group will be present in training sessions (four 120-minute sessions once a week). 4 weeks later, post-test and fallow-up of the two groups in terms of sexual satisfaction will be done 3 months later. The person assessing the outcome, about the group that belongs the participant in it, is blind. In the control group, during the study will get health intervention, but to consider the ethical aspects, after doing research, training manual containing the contents of the meetings will be presented to them.

General information

Acronym

Effect of Mizaj- Based education on sexual satisfaction

IRCT registration information

IRCT registration number: **IRCT2017050531117N3**
Registration date: **2017-07-11, 1396/04/20**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2017-07-11, 1396/04/20

Registrant information

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Name of organization / entity
Mazandaran University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Mazandaran University of Medical Sciences

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2018-02-20, 1396/12/01

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 fertility and whom bee married at least for one year who one or both of them have sexual dissatisfaction with less than 100 grade of Larson questionnaire questionnaire: no diagnosis of severe physical or mental disease, according to GHQ questionnaire. Exclusion criteria: mental and physical disorders such as diabetes, thyroid, blood pressures and heard which cause sexual disorder; taking medications which make sexual disorder; beans treat for sexual disorder (medication or behavior) will be asked to referred to expert.

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: **15**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Mazandaran University of Medical Sciences

Street address
Vice chansellor for research of Mazandaran University of Medical Sciences, Moalem Sq.

City
Sari

Postal code

Approval date
2017-03-10, 1395/12/20

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

Health conditions studied

1

Description of health condition studied
sexual unsatisfaction

ICD-10 code
F52.1

ICD-10 code description
Sexual aversion and lack of sexual enjoyment

Primary outcomes

1

Description
Sexual unsatisfaction

Timepoint
0, 4 weeks and 3 months after intervention

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

Secondary outcomes

empty

Intervention groups

1

Description
Control group: After determining the physical condition, one session of personal health lesson will be present of the control group and after accomplishing the operational stages of the study, a training booklet and one training session for pc adjustment will be present of them in the group form.

Category
Other

2

Description
Intervention group: sessions will be established to a group couple. Educational – consultative sessions will be established four 120-minute sessions once a week. The contents of the meeting include, training in the field of traditional medicine health center , Determinate of persons physical condition by using the physical condition questioner, physical health training and its different types; Training for adjustment of nutrition condition according of the type of physical condition; Training for adjustment of body movement and sleep and wake condition according of the type of nutrition; Training for adjustment of mental and stress condition and discharge of body`s wasted.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
4 healthcare centers

Full name of responsible person

Street address

City
Sari

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Dr. Ahmad Ali Enayati
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City
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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 scientific inquiries

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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