Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Education Based on the Process of Changing Steps on the Sexual Behavior of Postmenopausal Women

Protocol summary

Study aim
Determining the Effect of Education Based on the Process of Changing Steps on the Sexual Behavior of Postmenopausal Women

Design
In this study, we selected 108 postmenopausal women who have entered the study and are divided into two groups: intervention and control

Settings and conduct
This study was conducted in Mashhad health centers and on 108 postmenopausal women divided into intervention and control groups. The intervention group received education and the control group did not receive any training.

Participants/Inclusion and exclusion criteria
Written consent for participation in research Iranian nationality and resident of Mashhad city Women aged 45-65 years Married and not at all Natural menopause and at least 1 and more than 5 years of menstrual cessation Living a woman with her husband Earn more than 28 scores from Women's Sexual Function Questionnaire Literacy reading and writing No history of infertility The absence of physical problems in a woman or her husband Non-use of drugs that affect the sexual function of a woman or her husband Not having bad stress over the past month No history of pelvic surgery or irradiation of the reproductive system Missing rape history Not having Drug addiction to alcol Lack of education about sexual issues

Intervention groups
This study was performed with two intervention and control groups, each containing 54 postmenopausal women. The educational control group is not conducted, but the training sessions will be held for the intervention group.

Main outcome variables
The main consequence of the study is the behavioral change that will occur in the sexual behavior of postmenopausal women.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170610034440N4**
Registration date: **2018-02-05, 1396/11/16**
Registration timing: **retrospective**

Last update: **2018-02-05, 1396/11/16**
Update count: **0**

Registration date
2018-02-05, 1396/11/16

Registrant information

Name
azam pourmir

Name of organization / entity
Mashhad University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 915 854 9787

Email address
pourmira931@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-06-22, 1396/04/01

Expected recruitment end date
2017-11-21, 1396/08/30

Actual recruitment start date
2017-08-11, 1396/05/20

Actual recruitment end date
2017-12-11, 1396/09/20

Trial completion date
empty

Scientific title
The Effect of Education Based on the Process of Changing Steps on the Sexual Behavior of Postmenopausal Women

Public title
The Effect of Education Based on the Process of Changing Steps on the Sexual Behavior of Postmenopausal Women

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Written consent for participation in research Iranian nationality and resident of Mashhad city Women aged 45-65 years married and her only one partner Natural menopause and at least 1 and more than 5 years of menstrual cessation Living a woman with her husband Earn more than 28 scores from Women's Sexual Function Questionnaire Reading and Writing Literacy - Disregarding the history of infertility The absence of physical problems in a woman or her husband The absence of psychological disorders in women based on dass21 questionnaire The lack of sexual dysfunction and prostate problems in the partner Non-use of drugs that affect the sexual function of a woman or her husband Not having bad stress over the past month No history of pelvic surgery or irradiation of the reproductive system Missing rape history Not having Drug addiction Lack of education about sexual issues

Exclusion criteria:
Missing more than one training session Taking effective drugs on the sexual performance of a woman or her husband during the study Use of sex hormones during study The occurrence of adverse or stressful events in the study

Age
From **45 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **108**
Actual sample size reached: **108**

Randomization (investigator's opinion)
Randomized

Randomization description
The present study is a quasi-experimental study with two groups of intervention and control (54 people) and pre-test, post-test. It is done in a simple random manner and available samples that are selected based on the criteria for entering the study. Selection of the research unit based on the criteria of entry and exit was available and divided into two groups randomly through a random number table. Each group has one or two code assigned to each of the groups and assigned to each research unit two-digit code. Then in the random numbers table, the first random number selected for the first group was the second random number selected for the second group. In each group, on the first day, the researcher, while introducing himself and a brief description of the research after obtaining informed consent, completed the questionnaire of the pre-test personal characteristics of the qualified individuals including the completion of the questionnaires.

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
Ethic committee of Masshad of Medical Sciences

Street address
Daneshgah Street .Mashhad of Medical Science

City
Mashhad

Province
Razavi Khorasan

Postal code
91388-13944

Approval date
2017-05-22, 1396/03/01

Ethics committee reference number
IR.MUMS.REC.1396.49

Health conditions studied

1

Description of health condition studied
Sexual behaviors in postmenopausal women

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
The score sexual behavior menopausal women is based on Mc Coy Female Sexuality Questionaire

Timepoint
Measuring sexual behavior at the beginning of the study (before starting the intervention), and after 2 months after intervention

Method of measurement
Mc Coy Female Sexuality Questionaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: For this group training 4 sessions 60-minute session once a week and in accordance with the stage of people's behavior.
Category
Behavior

2

Description
Control group: There is no training in this group, and only the group will receive instruction leaflets.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Health Moavenat of Mashhad University of medical sciences
Full name of responsible person
Azam pourmir
Street address
Ebne - Sina Street - School of nursing and midvifery Mashhad medical science
City
Mashhad
Province
Razavi Khorasan
Postal code
91388-13944
Phone
+98 51 3859 1511
Email
pourmira931@mums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Dr.Mohsen Tafaghodi
Street address
Daneshgah Street - Mashhad science medical university
City
Mashhad
Province
Razavi Khorasan
Postal code
91388-13944
Phone
+98 51 1882 3251
Email
Tafaghodim@mums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Azam Pourmir
Position
Classy midwifery Student
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Ebne Sina Street - School of nursing and midwifery of Mashhad medical science
City
Mashhad
Province
Razavi Khorasan
Postal code
91388-13949
Phone
+98 51 3859 1511
Email
pourmira931@mums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Mahin Tafazolim
Position

Member of the faculty of midwifery, Classy Expert in Midwifery

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

Ebne sina Street - School of nursing and Midwifery of Mashhad medical science

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3859 1511

Email

Tafazolim@mums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Azam Pourmir

Position

Classy Student midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Ebne Sina Street - School of nursing and midwifery of Mashhad medical science

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3859 1511

Email

pourmira931@mums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Information on the main consequence of sharing is possible

When the data will become available and for how long

Start the access period 6 months after printing the results

To whom data/document is available

Researchers of Academic Institutes

Under which criteria data/document could be used

Analyzes used in the study

From where data/document is obtainable

send mail

What processes are involved for a request to access data/document

Request to send information by sending an email to the responsible person

Comments