

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Protocol summary

women, increasing the sexual satisfaction of menopausal women

Study aim

The Effect of Emotional Intelligence on Sexual Satisfaction in Menopausal Women

Design

Clinical trial with two groups of intervention and control with parallel and, randomized groups, using the random numbers table

Settings and conduct

40 Women referring to the Arak Retirement Center who are eligible to enter the study after obtaining informed consent and score less than 75 in the Larson Sexual Satisfaction Questionnaire and less than 95 in Bar-On Emotional Intelligences are divided into two groups, intervention and control (20 people in each group) with random method and random numbers table. The intervention group received 8 sessions of 90 minutes of emotional intelligence once a week and this is not administered in the intervention group. Each group completed Larson Sexual Satisfaction Inventory and Bar-On Emotional Intelligence Questionnaire one month after the intervention.

Participants/Inclusion and exclusion criteria

Entry requirements: menopausal women, passing at least one year of menopause, speaking in Persian and Iranian nationality, education level higher than diploma, having low sexual satisfaction in Larson Sexual Satisfaction Questionnaire, and low emotional intelligence in the Bar-On Emotional Intelligence Questionnaire. Conditions of non-entry: addiction, occurrence of stressful events in the last 6 months, use of drugs affecting sexual activity, suffering from underlying diseases

Intervention groups

Holding 8 sessions of 90 minutes of group counseling with an emotional intelligence approach in the intervention group and there is no intervention in the control group

Main outcome variables

Increasing the emotional intelligence of menopausal

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170616034564N3**

Registration date: **2018-07-03, 1397/04/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-03, 1397/04/12**

Update count: **0**

Registration date

2018-07-03, 1397/04/12

Registrant information

Name

nahid ansari

Name of organization / entity

arak university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 46483029

Email address

n.ansari@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Arak University of Medical Sciences

Expected recruitment start date

2018-06-22, 1397/04/01

Expected recruitment end date

2018-08-21, 1397/05/30

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Public title
The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Ability to speak Persian and Iranian nationality Education level higher than diploma Passing at least one year of menopause Normal menopause
Exclusion criteria:
Drug addiction The occurrence of stressful events in the last 6 months such as: severe illness, Death of a child or first degree relatives, accident, house theft, bankruptcy, job loss, severe marital conflicts with one's own statements Taking effective medicine for sexual performance such as: Anti-epileptic drug, Narcotic drugs, Anti-cellulitis drugs, Anti-histamines, Lipid lowering agents, Progesterone Suffering from underlying diseases such as: Thyroid, Cancer, Diabetes, Hypertension, Pulmonary heart disease, Trauma, Genital surgery, Infectious disease, Depression, Central nervous system damages

Age
From **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
After obtaining a moral authorization and coordination with the relevant organizations from among postmenopausal women who come to Arak retirement center, qualified people who are willing to participate in the study, will be select and informed consent will obtain and the goals of the study will be explained and it will be assured that the information will remain confidential. Then, they will be given personal profile, Emotional Intelligence and Larson Sexual Satisfaction Questionnaires. It will be explain to people that they may be in one of two groups of control or intervention, and the selection of the group will not be with the researcher or sample. At the end of each day, the questionnaires are examined and when 40 eligible people with an emotional

intelligence score of less than 90 and a Larson sexual satisfaction score of less than 75 were obtained, sampling was stopped and entered simple, random method by using random numbers tables in one of the 20-persons intervention or control groups. In this way, the even numbers will be assigned to the intervention and odd numbers will be assigned to the control group

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 Arak University of Medical Sciences

Street address

Aalam al-Hoda Ave, Shahid Shiroudi Ave, Arak

City

Arak

Province

Markazi

Postal code

3819693345

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR. ARAKMU. REC. 1396. 3136

Health conditions studied

1

Description of health condition studied

Sexual Satisfaction

ICD-10 code

n95.8

ICD-10 code description

Other specified menopausal and perimenopausal disorders

Primary outcomes

1

Description

Sexual Satisfaction

Timepoint

Before the intervention and one month after the intervention

Method of measurement

Larson Sexual Satisfaction Questionnaire

Secondary outcomes

1

Description

Emotional Intelligence

Timepoint

Before the intervention and one month after the intervention

Method of measurement

Bar-on Emotional Intelligence Questionnaire

Intervention groups

1

Description

The intervention group: intervention receives emotional intelligence for 8 sessions for 90 minutes once a week

Category

Behavior

2

Description

Control group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Retirement Center of Arak

Full name of responsible person

Nahid Ansari

Street address

Shahid Najimi Ave, Dr Shariati Ave, Arak

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Mr Doctor Mohammad Rafiee

Street address

Vice chancellor for Research and Technology, Sardasht, Arak

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3848176941

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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

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Nahid Ansari

Position

MSn student in consultation midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Full name of responsible person

Katayon Vakiliyan

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Web page address**Other areas of specialty/work**

Midwifery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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

Person responsible for updating data

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Nahid Ansari

Position

MSn student in consultation midwifery

Latest degree

Bachelor