

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The Effect of Education based on sexual self-efficacy on marital satisfaction in women referred to health centers in Isfahan in 2017.

Protocol summary

Study aim

Determining of the effect of education based on sexual self-efficacy on marital satisfaction in women

Design

The researcher collects the data using a questionnaire by referring to the subjects and explaining the purpose of the study for them and obtaining their consent to participate in the study. A pre-test is conducted. The data collection tool is a demographic data form for the units of the study, Vaziri's self-efficacy questionnaire (designed based on Schwarz's self-efficacy questionnaire) and ENRICH Marital Satisfaction Questionnaire. In sessions, genital anatomy topics for women and men, genital and reproductive physiology, and then sexual cycle in men and women, and the ability to solve sexual problems, and ultimately increase self-efficacy through lectures and questions and answers. After 6 weeks of the last session in the intervention group and 6 weeks after the pretest, the questionnaires were again filled in the control group. The samples were selected using random sampling method. They were randomly assigned to two intervention and control groups using health records. 40 people were calculated for each group

Settings and conduct

Health center of Ladan in Isfahan

Participants/Inclusion and exclusion criteria

Criteria for entering the study; the samples should be between 20-45 years of age and free of any physical illness, such as renal, cardiac, pulmonary, ..., sexual, psychological, medical, and drug and alcohol addiction. Exclusion criteria: no attendance at training sessions; getting pregnant during the study.

Intervention groups

Organizing a self-efficacy class for intervention group, a 2-hour training session per week for 4 weeks for groups of 10 participants. For the control group, there is no classroom, but at the end of the training package they will receive the instructional data in the classroom.

Main outcome variables

The first self-efficacy variable was evaluated before the intervention and 6 weeks after the intervention using the Wazirie's self-efficacy questionnaire (designed based on Schwarz's self-efficacy questionnaire); The second variable of marital satisfaction, which was assessed before and after 6 weeks of intervention by the Enrique Marital Satisfaction Short Questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180114038352N1**

Registration date: **2018-02-09, 1396/11/20**

Registration timing: **registered_while_recruiting**

Last update: **2018-02-09, 1396/11/20**

Update count: **0**

Registration date

2018-02-09, 1396/11/20

Registrant information

Name

Sabiheh Shokrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 4229 2872

Email address

shokranis@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-04-19, 1397/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Education based on sexual self-efficacy on marital satisfaction in women referred to health centers in Isfahan in 2017.

Public title

The Effect of Education based on sexual self-efficacy on marital satisfaction in women

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

The samples should be between 20-45 years of age free of any physical illness, such as renal, cardiac, pulmonary, ..., sexual, psychological, medical, and drug and alcohol addiction.

Exclusion criteria:

Single women, pregnant women, postmenopausal women, any physical or mental illness, alcoholism or drug addiction

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Odd number or Even number Based on file number

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

The Ethics Committee of Islamic Azad University of

Najafabad Branch

Street address

Daneshgah Ave

City

Najafabad

Province

Isfahan

Postal code

8514143131

Approval date

2017-12-07, 1396/09/16

Ethics committee reference number

IR.IAU.NAJAFABAD.REC.1396.72

Health conditions studied**1****Description of health condition studied**

Marital satisfaction

ICD-10 code

Z70.0

ICD-10 code description

Counseling related to sexual attitude

Primary outcomes**1****Description**

Sexual self-efficacy

Timepoint

Before intervention and 6 weeks after intervention (holding an educational class)

Method of measurement

self-efficacy questionnaire (based on Schwarz's self-efficacy questionnaire)

2**Description**

Marital Satisfaction Score in Enrich questionnaire

Timepoint

Before intervention and 6 weeks after intervention (holding an educational class)

Method of measurement

Enrich Marital Satisfaction questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Pre test is held and then divided into 4 groups of 10, and a 2-hour training session is held each week for 4 weeks. In sessions, genital and anatomical topics for women and men, genital and reproductive

physiology, and then sexual cycle In men and women, the ability to solve sexual problems and ultimately increase sexual self-efficacy through lectures and questions and answers. After 6 weeks of the last session in the intervention group, the questionnaires were completed again.

Category

Other

2**Description**

Control group: Pretest is performed and then six weeks after the pretest in the control group again, the questionnaires are completed.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ladan Health Center

Full name of responsible person

sabiheh shokrani

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Ashrafi Isfahani Blvd

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shokranis@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Islamic Azad University of Najafabad Branch

Street address

Daneshgah Ave

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8514143131

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+98 31 4229 2929

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shokranis@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University

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**

Islamic Azad University

Full name of responsible person

sabiheh shokrani

Position

Instructor and Faculty Member of the University

Latest degree

Master

Other areas of specialty/work

Midwifery

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Full name of responsible person

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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
sabiheh shokrani
Position
Instructor and Faculty Member of the University
Latest degree
Master
Other areas of specialty/work
Midwifery
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Daneshgah Ave
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Province
Isfahan

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

No - There is not 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

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available