

# 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

**Street address**

Ashrafi Isfahani Blvd

**City**

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**Province**

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**Postal code**

8514143131

**Phone**

+98 31 4229 2872

**Email**

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

**City**

Najafabad

**Province**

Isfahan

**Postal code**

8514143131

**Phone**

+98 31 4229 2929

**Email**

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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## 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  
**Street address**  
Daneshgah Ave  
**City**  
Najafabad  
**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