

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

The effect of sexual education package based on qualitative interview in reproductive aged women with sexual interest and arousal disorder (FSIAD)

Protocol summary

Sexual desire, Sexual arousal, Sexual function

Study aim

Investigating the Effect of sexual health Intervention intervention on sexual desire and arousal disorder in women with Female Sexual Interest and Arousal disorder(FSIAD) referring to health centers of Ardabil university of medical sciences in 1397

Design

90 women will be randomly divided into two groups of intervention (45 people) and control (45 people). Randomization will be done using a random number table.

Settings and conduct

Qualified women with sexual desire and arousal disorder referring to the health centers of Ardabil city will be randomly allocated into two groups of control and intervention. The intervention group will receive sexual education. Control group will receive routine care and will attend in a one-day sex education workshop after completing the study.

Participants/Inclusion and exclusion criteria

Women aged 20 to 45 years, having female sexual interest and arousal disorder, married, having a stable life with the spouse in the last 6 months, no stressful event during the past six months, no medical conditions affecting sexual desire, not using effective medications for sexual desire, no sexual dysfunction in the spouse, and consent to participate in the study. Exclusion criteria: Taking any drug or supplement that interfere with sexual function; Getting pregnant or lactating.

Intervention groups

The intervention group will participate in four sessions of sexual education intervention and will receive an sexual health education package at the fourth session. The control group will not be trained during this period, and after completing the statistical analysis of the study will participate at the educational program.

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180201038583N1**

Registration date: **2018-07-28, 1397/05/06**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-28, 1397/05/06**

Update count: **0**

Registration date

2018-07-28, 1397/05/06

Registrant information

Name

pouran akhavan akbari

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-19, 1397/04/28

Expected recruitment end date

2018-11-19, 1397/08/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of sexual education package based on qualitative interview in reproductive aged women with sexual interest and arousal disorder (FSIAD)

Public title

The effect of sexual education package based on qualitative interview in reproductive aged women with sexual interest and arousal disorder (FSIAD)

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

women aged 20- 45 years ,Married , non pregnant, no lactating, having sexual desire and arousal disorder, having stable relationship with spouse for at least 6 months, no diseases and medical conditions affecting sexual desire, not taking drugs or medications effective in sexual desire, no stressful events during the last 6 months

Exclusion criteria:

Pregnancy, Lactation, Dissatisfaction of women or their husbands to participate in the study Taking any medication or supplement that interferes with sexual function Sexual dysfunction of the spouse

Age

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

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Use the random numbers table

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 Shahid Beheshti University of

Medical Sciences

Street address

School of Nursing and Midwifery, Nyayesh intersection, Valiasr Street, Tehran, Iran

City

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Province

Tehran

Postal code

تهران ، خیابان ولیعصر

Approval date

2016-07-03, 1395/04/13

Ethics committee reference number

IR.SBMU.REC.1395.10

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

Female sexual disease

ICD-10 code

F-52

ICD-10 code description

Sexual dysfunction not caused by organic disorder or disease

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

Sexual desire

Timepoint

Before intervention and 8 weeks after the study

Method of measurement

Female Sexual Function Index (FSFI)

2**Description**

Sexual arousal

Timepoint

Before intervention and 8 weeks after the study

Method of measurement

Female Sexual Function Index (FSFI)

3**Description**

Sexual function

Timepoint

Before intervention and 8 weeks after the study

Method of measurement

Female Sexual Function Index (FSFI)

Secondary outcomes**1****Description**

Sexual desire and arousal

Timepoint

Before study and 8 week after study

Method of measurement

FSFI Index

2**Description**

Sexual function

Timepoint

Before study and 8 week after study

Method of measurement

FSFI Index

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

Intervention group: The findings of the qualitative study of women with sexual Interest and Arousal disorder identified the non-biological factors affecting sexual desire and the educational needs of Iranian women with sexual dysfunction. In the next step the Sexual Health Model (SHM), Sex Therapy and Cognitive-Behavioral Therapy were also used to complete the educational package.

Category

Behavior

2**Description**

Control group: During the study, the control group receives routine health care. After completing the sexual function index (FSFI) in the second phase and completing the statistical analysis of the study, this group will attend a one-day sex education workshop and receive a sexual health education package.

Category

N/A

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

Shahid Pilehroudi health center, Shahid Bahonar health center, Seyed Hatami health center, Azadegha

Full name of responsible person

Pouran Akhavan Akbari

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

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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

Shahid Beheshti 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**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Pouran Akhavan Akbari

Position

Student

Latest degree

Master

Other areas of specialty/work

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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

No - There is not a plan to make this available

Data Dictionary

Not applicable