Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

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

Protocol summary

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 be 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

Sexual desire, Sexual arousal, Sexual function

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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+98 45 3372 6085

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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
Tehran

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
Street address
Ardabil city health center, Hafez street, Ardabil Town
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mahrokh Dolatian
Street address
Research Deputy,School of Nursing and Midwifery , Shahid Beheshti university of Medical Sciences
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amhdolatian@gmail.com
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
Midwifery
Street address
Nursing and Midwifery College Of Shahid Beheshti University of Medical Sciences, Valiasr St, Niayesh Junc, Tehran
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Person responsible for scientific inquiries

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Associate professor

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Ph.D.

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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