

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of menopause complications training to husbands on physical_psychological experiences in postmenopausal women

Protocol summary

Study aim

Determining the effect of menopause complications training to husbands on physical_psychological experiences in postmenopausal women

Design

Randomized, controlled clinical trial study on 150 eligible postmenopausal women.

Settings and conduct

Eligible samples will be identified by health volunteers in Mashhad, then randomly assigned by the researcher to the control and intervention groups. Before the intervention, women will complete the form of demographic questionnaire and the form of measuring the physical-psychological experiences of women in menopause and their husbands will complete the form of knowledge assessment. One month after the end of the intervention, they will complete the questionnaire of assessing the physical-psychological experiences of women in menopause and their husbands will complete the form of knowledge assessment of menopausal complications.

Participants/Inclusion and exclusion criteria

Inclusion criteria: menopause women, No history of physical or mental illness during the past 6 months, No ovarian and uterine surgery in the last 6 months. Living with a husband, using hormonal medications. Inclusion criteria for spouses: the literacy of reading and writing; No previous reception of curriculum or a book about menopause.

Intervention groups

Intervention: 3 sessions (one-hour) group training, Within a week, by lecture (with slides) and question-answer about the nature and complications of menopause and teaching pamphlets menopause in addition to health center routine program. Control group; Receive routine health center program

Main outcome variables

Physical psychological experiences

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180509039595N2**

Registration date: **2018-11-07, 1397/08/16**

Registration timing: **retrospective**

Last update: **2018-11-07, 1397/08/16**

Update count: **0**

Registration date

2018-11-07, 1397/08/16

Registrant information

Name

Mahdieh Ebrahimzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5543 1083

Email address

ebrahimzadehm6@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-30, 1397/05/08

Expected recruitment end date

2018-09-30, 1397/07/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of menopause complications training to husbands on physical_psychological experiences in postmenopausal women		University Street, Quraishi Building	
Public title		City	
The effect of menopause complications training to husbands on physical_psychological experiences in postmenopausal women		Mashhad	
Purpose		Province	
Education/Guidance		Razavi Khorasan	
Inclusion/Exclusion criteria		Postal code	
Inclusion criteria:		91735-951	
Living with spouse Spouses have literacy to read and write		Approval date	
Exclusion criteria:		2018-06-19, 1397/03/29	
Ovarian and uterine surgery in the last 6 months Use of hormonal drugs History of physical or mental illness in the last 6 months Husbands who have already studied a curriculum, book, pamphlet or educational pamphlet about menopause.		Ethics committee reference number	
Age		IR.MUMS.REC.1397.039	
No age limit		Health conditions studied	
Gender		<u>1</u>	
Female		Description of health condition studied	
Phase		Menopause	
N/A		ICD-10 code	
Groups that have been masked		N95	
No information		ICD-10 code description	
Sample size		Menopausal and other perimenopausal disorders	
Target sample size: 150		Primary outcomes	
Randomization (investigator's opinion)		<u>1</u>	
Randomized		Description	
Randomization description		Physical - psychological experiences of postmenopausal women	
Samples were selected by convenience sampling and random allocation was made to divide samples to two groups (intervention and control). By selection the cards by patients, number one (the intervention group) and number two (control group) random allocation was performed. This act continued until the required number of samples was recruited.		Timepoint	
Blinding (investigator's opinion)		Before the intervention and one month after the last intervention	
Not blinded		Method of measurement	
Blinding description		Menopausal Women's Experiences Assessment Questionnaire	
Placebo		Secondary outcomes	
Not used		empty	
Assignment		Intervention groups	
Other		<u>1</u>	
Other design features		Description	
Secondary Ids		"Intervention group":3 sessions (one-hour) group training, Within a week, by lecture (with slides) and question-answer about the nature and complications of menopause and teaching pamphlets menopause in addition to health center routine program.	
empty		Category	
Ethics committees		Lifestyle	
<u>1</u>		<u>2</u>	
Ethics committee		Description	
Name of ethics committee		Control group: Receive routine health center program	
The Ethics Committee of Mashhad University of Medical Sciences		Category	
Street address		Lifestyle	

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center No. 1

Full name of responsible person

Dr. Nasser Amini

Street address

Vakil Abad Boulevard, next to Urban City

City

Mashhad

Province

Razavi Khorasan

Postal code

9185684538

Phone

+98 51 3501 8011

Email

aminin1@mums.ac.ir

Web page address

http://ch-mashhad1-mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Bibi Sadiqa Sharia Moghani

Street address

University, Faculty of Nursing and Midwifery

City

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Province

Razavi Khorasan

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9913197319

Phone

+98 51 3859 1511

Email

shariatmoghanis@mums.ac.ir

Web page address

http://mums.ac.ir

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

Yes

Title of funding source

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Mahdieh Ebrahimzadeh

Position

Graduate Student, Midwifery

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

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Person responsible for scientific inquiries

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Full name of responsible person

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Person responsible for updating data

Contact

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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