

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

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

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Living with spouse Spouses have literacy to read and write
Exclusion criteria:
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.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **150**

Randomization (investigator's opinion)
Randomized

Randomization description
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.

Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used

Assignment
Other

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
The Ethics Committee of Mashhad University of Medical Sciences
Street address

University Street, Quraishi Building
City
Mashhad
Province
Razavi Khorasan
Postal code
91735-951
Approval date
2018-06-19, 1397/03/29
Ethics committee reference number
IR.MUMS.REC.1397.039

Health conditions studied

1

Description of health condition studied

Menopause

ICD-10 code

N95

ICD-10 code description

Menopausal and other perimenopausal disorders

Primary outcomes

1

Description

Physical - psychological experiences of postmenopausal women

Timepoint

Before the intervention and one month after the last intervention

Method of measurement

Menopausal Women's Experiences Assessment Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

"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.

Category

Lifestyle

2

Description

Control group: Receive routine health center program

Category

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

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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

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shariatmoghanis@mums.ac.ir

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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

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

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Person responsible for scientific inquiries

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Full name of responsible person

Mashhad University of Medical Sciences

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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