

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Evaluating the Effectiveness of Enriching Marital Relationships Education on Couples' Sexual Health

Protocol summary

Study aim

Evaluating the Effectiveness of Enriching Marital Relationships Education on Couples' Sexual Health

Design

The study is a randomized controlled trial that 100 eligible candidate couples (200 people) will be randomly assigned to intervention and control (50 couples per group).

Settings and conduct

couples of both groups will complete the pretest questionnaire. Then, for the intervention group couples , an 18-hour workshop will be held in the form of six 3-hour workshops. The content of the workshop will be based on the content of the book on enriching marital and sexual relations Including skill training in marital relationships, effective communication, anatomy and the functioning of sexual organs and sexual problems. In the telegram group, the related messages will be uploaded and the couple's questions will be answered. Control group couples will not receive intervention. Four months after the intervention, both groups completed the post-test questionnaire.

Participants/Inclusion and exclusion criteria

Couples with a marriage history of 5 years or less, over 18 years of age and minimum secondary education, resident in the Isfahan city, both couples are willing to participate in the study and haven't psychiatric disorders and severe marital conflicts can entry to study but if one of the couples not willing to participate in study, so they can't inter to the study.

Intervention groups

For couples in the intervention group will implement the enrichment marital relationship training package. The control group does not receive intervention. Both intervention and control groups use routine services in health center for couples.

Main outcome variables

sexual information, motivation, behavioral skills, behavior and sexual satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181211041926N1**

Registration date: **2019-03-02, 1397/12/11**

Registration timing: **retrospective**

Last update: **2019-03-02, 1397/12/11**

Update count: **0**

Registration date

2019-03-02, 1397/12/11

Registrant information

Name

Fahimeh Bagheri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0025

Email address

f.bagherikho@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-22, 1397/10/01

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the Effectiveness of Enriching Marital Relationships Education on Couples' Sexual Health		Postal code	6517838736
Public title		Approval date	2017-01-17, 1395/10/28
Evaluating the Effectiveness of Enriching Marital Relationships Education on Couples' Sexual Health		Ethics committee reference number	IR.UMSHA.REC.1395.435
Purpose		Health conditions studied	
Education/Guidance		1	
Inclusion/Exclusion criteria		Description of health condition studied	
Inclusion criteria:		sexual disorder	
A marriage history of five years or less Over 18 years		ICD-10 code	
Minimum secondary schools education Not having		f52	
mental illness Not having severe marital conflicts		ICD-10 code description	
Resident in the Isfahan city The willingness of both		Unspecified sexual dysfunction, not caused by organic	
(husband and wife) to participate in the study		disorder or disease	
Exclusion criteria:		Primary outcomes	
Unwillingness of one of the couple(husband or wife) to		1	
participate in the study		Description	
Age		sexual information	
From 18 years old		Timepoint	
Gender		before and 4 month after intervention	
Both		Method of measurement	
Phase		Researcher made questionnaire	
N/A		2	
Groups that have been masked		Description	
No information		sexual motivation	
Sample size		Timepoint	
Target sample size: 200		before and 4 month after intervention	
Randomization (investigator's opinion)		Method of measurement	
Randomized		Researcher made questionnaire	
Randomization description		3	
In this study, simple randomization method is used. the		Description	
unit of randomization is couple that assigned to one of		sexual behavioral skills	
the intervention and control groups using the random		Timepoint	
number table.		before and 4 month after intervention	
Blinding (investigator's opinion)		Method of measurement	
Not blinded		Researcher made questionnaire	
Blinding description		4	
Placebo		Description	
Not used		sexual behavior	
Assignment		Timepoint	
Parallel		before and 4 month after intervention	
Other design features		Method of measurement	
		Researcher made questionnaire	
Secondary Ids		Secondary outcomes	
empty		1	
Ethics committees		Description	
1			
Ethics committee			
Name of ethics committee			
Ethics committee of Hamadan University of Medical			
Sciences			
Street address			
Shahid Fahmideh Blvd, Hamadan			
City			
Hamadan			
Province			
Hamadan			

sexual satisfaction

Timepoint

before and 4 month after intervention

Method of measurement

Larson sexual satisfaction scale

Intervention groups

1

Description

Intervention group: For the intervention group will be done. 18 hours of workshop, presentation of the book on sexual and marital skills training and the formation of a telegram group for presentation the message and question and answer

Category

Behavior

2

Description

Control group: Does not receive an intervention. Only receive health care services to couples in health centers.

Category

Prevention

Recruitment centers

1

Recruitment center**Name of recruitment center**

Health centers of Isfahan University of Medical Sciences

Full name of responsible person

Fahimeh Bagheri

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Hamadan University of Medical Sciences, Shahid Fahmideh Blvd, Hamadan

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f_bagherikho@yahoo.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Babak Moeini

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Grant name**Grant code / Reference number**

9510286239

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Hamedan 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**

Hamedan University of Medical Sciences

Full name of responsible person

Babak Moeini

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

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Full name of responsible person

Babak Moeini

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Associated Professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

PhD candidate of health education and health promotion

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Part of the data is related to the outcomes of the study being shared after being unconscious of the people .

When the data will become available and for how long

Start the access period, 6 months after printing the results

To whom data/document is available

Researchers working in scientific centers are allowed access to data upon request.

Under which criteria data/document could be used

Use of data is authorized by the Ethics Committee of Hamedan University of Medical Sciences.

From where data/document is obtainable

Submit a request by email to the main researcher at the address f_bagherikho@yahoo.com

What processes are involved for a request to access data/document

Submitting a request by email to main researcher, sending a request to the Ethics Committee of Hamadan University of Medical Sciences to investigate, if the Ethics Committee approves the request sending the data.

Comments