# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 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

**Public title**
Evaluating the Effectiveness of Enriching Marital Relationships Education on Couples' Sexual Health
**Purpose**
Education/Guidance
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
A marriage history of five years or less Over 18 years Minimum secondary schools education Not having mental illness Not having severe marital conflicts Resident in the Isfahan city The willingness of both (husband and wife) to participate in the study
**Exclusion criteria:**
Unwillingness of one of the couple(husband or wife) to participate in the study
**Age**
From **18 years** old
**Gender**
Both

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **200**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
In this study, simple randomization method is used. the unit of randomization is couple that assigned to one of the intervention and control groups using the random number 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 Hamadan University of Medical Sciences
**Street address**
Shahid Fahmideh Blvd, Hamadan
**City**
Hamadan
**Province**
Hamadan
**Postal code**
6517838736
**Approval date**
2017-01-17, 1395/10/28
**Ethics committee reference number**
IR.UMSHA.REC.1395.435

## Health conditions studied

### 1

**Description of health condition studied**
sexual disorder
**ICD-10 code**
f52
**ICD-10 code description**
Unspecified sexual dysfunction, not caused by organic disorder or disease

## Primary outcomes

### 1

**Description**
sexual information
**Timepoint**
before and 4 month after intervention
**Method of measurement**
Researcher made questionnaire

### 2

**Description**
sexual motivation
**Timepoint**
before and 4 month after intervention
**Method of measurement**
Researcher made questionnaire

### 3

**Description**
sexual behavioral skills
**Timepoint**
before and 4 month after intervention
**Method of measurement**
Researcher made questionnaire

### 4

**Description**
sexual behavior
**Timepoint**
before and 4 month after intervention
**Method of measurement**
Researcher made questionnaire

## Secondary outcomes

### 1

**Description**

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

**Street address**

Hamadan University of Medical Sciences, Shahid Fahmideh Blvd, Hamadan

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**Email**

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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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## Person responsible for updating data

**Contact**

**Name of organization / entity**
Hamedan University of Medical Sciences

**Full name of responsible person**
Fahimeh Bagheri

**Position**
PhD condidate of health education and health promotion

**Latest degree**
Master

**Other areas of specialty/work**
Health Promotion

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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**