Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of “good enough sex model” on sexual satisfaction and sexual intimacy in women with multiple sclerosis

Protocol summary

Study aim
Determine the impact of "good enough sex model" on the sexual satisfaction and sexual intimacy of women with multiple sclerosis.

Design
A clinical trial with a control group, with parallel groups, randomized

Settings and conduct
This study will be conducted on married women with multiple sclerosis in the MS Society of Iran in Tehran. These women are randomly divided into two groups of experimental and control and in the experimental group, educational intervention is performed. The education will take place in three 90-minute sessions, with a one-week interval.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Women with MS with sexual activity and lack of other diseases such as cardiovascular, renal, endocrine, autoimmune and psychological disease. Non-Inclusion criteria: Individuals who have received research-related educations.

Intervention groups
The intervention group included women with MS who received good enough sex model education. The control group consisted of women with MS who did not receive any education.

Main outcome variables
Sexual Satisfaction; Sexual Intimacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150128020854N6**
Registration date: **2019-08-12, 1398/05/21**
Registration timing: **registered_while_recruiting**
Last update: **2019-08-12, 1398/05/21**
Update count: **0**

Registration date
2019-08-12, 1398/05/21

Registrant information

Name
Hedyeh Riazi

Name of organization / entity
Shahid Beheshti University of Medical Science

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-12-24, 1397/10/03

Expected recruitment end date
2019-08-19, 1398/05/28

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of “good enough sex model” on sexual satisfaction and sexual intimacy in women with multiple sclerosis

Public title
Effect of “good enough sex model” on sexual satisfaction and sexual intimacy

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having at least reading and writing skills. Interested in participating in classes and changing sex life. More than 6 months have passed from their illness. Having sex with her husband. They do not have a known mental illness. (According to the woman report) Do not be in pregnancy or breastfeeding period. Do not have acute or chronic disease other than multiple sclerosis. (According to the woman report). In the past six months, they have not experienced marital conflicts. (According to the woman report) Age between 20-45 years. The severity of the disease does not interfere with sexual function and participation in the classes. Do not have depression or anxiety. (Based on the medical records in the MS forum)

Exclusion criteria:

Unwillingness to participate in research. Individuals who have received research-related educations.

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

First, the participants were given two-digit codes from 01 to 90. Then, using the website www.Randomization.com, the statistical consultant provided two sets of codes, the first set assigned as the intervention group and the second, control group.

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

Nursing and Midwifery school, in front of Shahid Rajai Hospital, cross of Niyayesh, Vali Asr Avenue.

City

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Province

Tehran

Postal code

1985717443

Approval date

2018-12-03, 1397/09/12

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1397.180

Health conditions studied

1

Description of health condition studied

Sex Counseling

ICD-10 code

Z70.1

ICD-10 code description

Counseling related to patient's sexual behavior and orientation

Primary outcomes

1

Description

Sexual intimacy

Timepoint

Before intervention and 1 month after the end of intervention

Method of measurement

Larson's sexual intimacy questionnaire

2

Description

Sexual satisfaction

Timepoint

Before intervention and 1 month after the end of intervention

Method of measurement

Botlani's questionnaire of sexual satisfaction

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: After completing the written consent form, the Larsson Sexual Satisfaction Questionnaire and Botlani et al, Sexual Intimacy Questionnaire were completed by participants as a pre-test. Intervention is the education of the "good enough sex model" for married women with multiple sclerosis during three sessions. The duration of each session is 90 minutes. Classes will be held with one-week intervals. Educational content provided to intervention group: Session 1: The sexual response cycle includes stages of desire,

motivation, orgasm, submission; Principles 1 to 3 of GESM include understanding the complexity of sexual disorders, accepting disease and having real expectations, and emphasizing on the quality of sex, and providing relevant assignments including how to change consciousness and belief on the sex lifestyle after the first session and the scenario design of sex with consideration and acceptance of changes caused by MS. Session 2: Assessment of the preceding session; Principles 4 to 6 of GESM which include understanding the importance of relationship between couples in quality of sex and targeting new sex lifestyle, deeper education on more complex problems, and observing therapeutic and psychological aspects of the disease according to their physician; GESM components 1–6 include understanding the positive importance of sex, being in a cohesive team, the importance of physical health in couples, and realistic sexual expectations based on strong emotional connection, belief in change, the importance of sexual quality rather than emphasis on quantity and importance. Satisfaction with each stage of sex without emphasizing on orgasm in sexual intercourse Relevant qualifications include exchanging thoughts and thinking with your spouse about the time, place, and behavior to achieve excitement, relaxation, and changes in the sexual response process.Session 3: Assessment of the assignments; GESM 7-12 components training includes flexible attitude towards pleasant sexual experiences of being together, setting new presexual activity targets based on new attitudes formed with emphasis on maximum pleasure catching according to the present situation, the use of emotional styles in sex such as interacting with a spouse, sexual fantasy and role-playing, accepting each other's wishes, enriching the sex, and forming the concept of sex in each other as a value in marital life and presenting relevant tasks, including telling their feelings about the stages of the sexual response cycle for each other. Two weeks after intervention, Larson's Sexual Satisfaction and Botlani et al Sexual Intimacy Questionnaires were again completed by the subjects and compared with the pre-test.

Category

Other

2

Description

Control Group: After completing the written consent form, the Larsson Sexual Satisfaction Questionnaire and Botlani et al, Sexual Intimacy Questionnaire were completed by participants as a pre-test.After receiving no information and educational intervention in the field of sex after 35 days, Larson Sexual Satisfaction and Botlani et al Sexual Intimacy Questionnaires were again completed by control group and compared with pretest.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran's MS Society

Full name of responsible person

Abdolhosein Hooshmand

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

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
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
Because the results will be mentioned in the article.
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Study protocol
When the data will become available and for how long
After publishing the article from the study
To whom data/document is available
All interested colleagues
Under which criteria data/document could be used
To use in other studies
From where data/document is obtainable
Mrs. Fatemeh Jamalianfar
What processes are involved for a request to access data/document
Request via email
Comments