

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 2026

Effects of sexual counseling based on Good Enough Sex model on sexual satisfaction and dyadic adjustment of divorce-asking couples

Protocol summary

Study aim

Determine the effects of sexual counseling based on GES model on sexual satisfaction and dyadic adjustment of divorce-asking couple

Design

Randomized clinical trial with control group and with parallel groups

Settings and conduct

A list of people who have been referred to the Tehran City Courts within a specified timeframe is provided by the easy access method. Couples who meet the inclusion criteria and tend to participate in the study are randomly selected. After completing the questionnaires, they will be divided into intervention and control groups based on computer random number table. Women will have sex counseling in two sessions for two hours based on the GES model. One session is considered as a group and one session as individual counseling. counseling for men is also a two-hour session. The questionnaires will be completed immediately after completing the sessions. participants will be followed up 2 months later.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having ability to read and write, passing at least 6 months of living together, willingness to attend counseling classes, not having history of receiving sexual counseling, living in a home despite the divorce request, no matter the cause of the divorce, no serious medical and psychiatric illnesses, non addiction to alcohol and any drugs or substances that affect sexual function Exclusion criteria: lack of regular attendance at counseling sessions

Intervention groups

Intervention group: women will have sex counseling in two sessions for two hours based on the GES model. One session of this sexual counseling is considered as a group and one session as individual counseling based on the client's problem and to answer their private questions. Sex counseling for men is also a two-hour session with the pamphlet presented by the executor of

project.

Main outcome variables

Sexual Satisfaction, Dyadic Adjustment

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120609009975N6**

Registration date: **2019-12-18, 1398/09/27**

Registration timing: **registered_while_recruiting**

Last update: **2019-12-18, 1398/09/27**

Update count: **0**

Registration date

2019-12-18, 1398/09/27

Registrant information

Name

Farnaz Farnam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4217

Email address

fz.farnam@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-23, 1398/07/01

Expected recruitment end date

2020-03-20, 1399/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of sexual counseling based on Good Enough Sex model on sexual satisfaction and dyadic adjustment of divorce-asking couples

Public title

Effects of sexual counseling based on GES model

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Ability to read and write Passing at least 6 months of living together Willingness to attend counseling classes Not having history of receiving sexual counseling during last 6 months Living in a home despite the divorce request Lack of serious medical and psychiatric illnesses Non addiction to alcohol and any drugs or substances that affect sexual function

Exclusion criteria:

Lack of regular attendance at sexual counseling sessions

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 35

Randomization (investigator's opinion)

Randomized

Randomization description

Initially, a list of people who have been referred to the court within a specified timeframe is provided by the easy access method. The sample size required in this study was calculated as 35 couples per group. Samples of this study are couples who are referred to appropriate counseling centers after filling a divorce application in the Tasmim system. Couples who meet the inclusion criteria and tend to participate in the study are randomly selected. After completing demographic questionnaires, sexual satisfaction, dyadic adjustment scale and dyadic sexual communications, they were randomly divided into intervention and control groups based on computerized 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**

National Committee on Ethics in Biomedical Research

Street address

Tohid square, Dr.Mirkhani street, school of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2019-09-08, 1398/06/17

Ethics committee reference number

IR.TUMS.FNM.REC.1398.106

Health conditions studied**1****Description of health condition studied**

Sexual Satisfaction

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Dyadic Adjustment

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Sexual Satisfaction

Timepoint

Before intervention, Immediately after the intervention, 2 months after the end of the intervention

Method of measurement

Index of Sexual Satisfaction Questionnaire

2**Description**

Dyadic Adjustment

Timepoint

Before intervention, Immediately after the intervention, 2 months after the end of the intervention

Method of measurement

Dyadic Adjustment Scale

Secondary outcomes

empty

Intervention groups

1

Description

Control group: Control group does not receive any intervention. After the end of the study, the counseling group will be provided with a pamphlet.

Category

Other

2

Description

Intervention group: In this study, women will have sex counseling in two sessions for two hours based on the GES model. One session of this sexual counseling is considered as a group and one session as individual counseling based on the client's problem and to answer their private questions. Sex counseling for men is also a two-hour session with the pamphlet presented by the executor of project.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran City Courts

Full name of responsible person

Farnaz Farnam

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Keshavarz Blv

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohammad ali Sahraian

Street address

Keshavarz Blv, Qods St

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msahrai@sina.tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Mahda Rabizadeh

Position

Master Student of Midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Farnaz Farnam

Position

Assistant Professor in Tehran University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Latest degree

Bachelor

Other areas of specialty/work

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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

We're going to publish the results and doesn't publish the data.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available