Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Evaluating the effect of Guided Imagery with Music (GIM) on sexual satisfaction and function of women with sexual dysfunction

Protocol summary

Study aim
Effect of Guided Imagery with music (GIM) on Sexual Satisfaction and Sexual Function of Women with Sexual Dysfunction

Design
Three-stage clinical trial in two groups of control and intervention.

Settings and conduct
Comprehensive health care centers

Participants/Inclusion and exclusion criteria
Married women aged 19-49 years with sexual dysfunction; No history of surgery in participants and their husbands; Having mental and physical health NO Premature menopause; Having a diploma and higher education; Having Iranian citizenship for couples; Women who do not live separately from their husbands at the time of the interview; Not having any known diseases that affect sexual function in participants or their husbands; Not consuming drugs that affect sexual function in participants or their husbands; Women who do not remarry; No history of sexual abuse in any life period based on what they say; At least one year has passed since their marriage; Not receiving any other treatment; Not participating in another clinical trial study similar to the present study; The consent of both couples to participate in the research; Not having experience of severe stress in any couple in recent years; Not being addicted to alcohol, cigarettes, and opioids in participants and their husbands; Not being pregnant and first trimester after delivery Exclusion criteria: Occurrence of psychological and physical problems during the study; Unwillingness to continue collaborating during the study; Doing exercises less than half of the conducted sessions; Oral and anal sex

Intervention groups
Intervention is an audio file based on guided imagery with music (GIM) technique, in 30-minutes sessions twice a week for 6 weeks in women of reproductive age with sexual dysfunction. There will be no intervention for the control group and they will receive routine care.

Main outcome variables
Sexual Satisfaction and Sexual Function

General information

Reason for update

Acronym
GIM

IRCT registration information
IRCT registration number: **IRCT20190806044460N1**
Registration date: **2020-01-09, 1398/10/19**
Registration timing: **prospective**

Last update: **2020-01-09, 1398/10/19**
Update count: **0**

Registration date
2020-01-09, 1398/10/19

Registrant information

Name
Elahe Mohammadi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 31 3743 4144

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elahe13mohammadi@nm.mui.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-02-09, 1398/11/20

Expected recruitment end date
2020-03-05, 1398/12/15

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluating the effect of Guided Imagery with Music (GIM) on sexual satisfaction and function of women with sexual dysfunction

Public title
Evaluating the effect of Guided Imagery with Music (GIM) on sexual satisfaction and function of women with sexual dysfunction
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Married women aged 19-49 years with sexual dysfunction No history of surgery in participants and their husbands Having mental and physical health NO Premature menopause Having a diploma or higher education Having Iranian citizenship for couples Women who do not live separately from their husbands at the time of the interview Not having any known diseases that affect sexual function in participants or their husbands Not consuming drugs that affect sexual function in participants or their husbands Women who do not remarry No history of sexual abuse in any life period based on what they say At least one year has passed since their marriage Not receiving any other treatment Not participating in another clinical trial study similar to the present study The consent of both couples to participate in the research Not having experience of severe stress in any couples in recent years Not being addicted to alcohol, cigarettes, and opioids in the participants and their husbands Not being pregnant and first trimester after delivery
Exclusion criteria:
Occurrence of psychological and physical problems for women during the study Unwillingness to continue collaborating during the study Doing exercises less than half of the conducted sessions Oral and anal sex
Age
From **19 years** old to **49 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **72**
Randomization (investigator's opinion)
Randomized
Randomization description
Selected samples randomly divide into intervention and control groups. In this way, two health centers are randomly selected for intervention group and two centers for 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 in Research Vice chancellor for research - Isfahan University of Medical Sciences
Street address
Isfahan University of Medical Sciences, Hezar Jerib street, Isfahan, Iran
City
Isfahan
Province
Isfehan
Postal code
8174673461
Approval date
2019-12-04, 1398/09/13
Ethics committee reference number
IR.MUI.RESEARCH.REC.1398.505

Health conditions studied

1

Description of health condition studied
Sexual dysfunction
ICD-10 code
F52
ICD-10 code description
Sexual dysfunction not due to a substance or known physiological condition

Primary outcomes

1

Description
Sexual function score
Timepoint
Before, immediately after the intervention, and one month after the intervention
Method of measurement
The Female Sexual Function Index (FSFI)

2

Description
Sexual satisfaction score
Timepoint

Before, immediately after the intervention, and one month after the intervention

Method of measurement

Larson' s Sexual Satisfaction Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention in the present study will be based on the Guided Imagery with Music (GIM) technique. The intervention will be performed in 30 minutes sessions twice a week for 6 weeks. The first session will be 45-90 minutes in community health center and 11 sessions at home with researcher-made GIM audio file.

Category

Treatment - Other

2

Description

Control group: There will be no intervention for the control group and they will receive routine care.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive Health Care Centers of Isfahan

Full name of responsible person

Dr Reza Khadivi

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Isfahan

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Health@mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Dr Shaghayegh Haghjoo

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Isfehan

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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

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Mahshid Abdi Shahshahani

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

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Person responsible for scientific inquiries

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Position
Instructor

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Other areas of specialty/work
Reproductive Health

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Person responsible for updating data

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Full name of responsible person
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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
No more information

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
Protocol of study and reporting of study in the form of articles and theses

When the data will become available and for how long
since it released forever

To whom data/document is available
everyone

Under which criteria data/document could be used
No more information

From where data/document is obtainable
Library or magazine site where the article is published

What processes are involved for a request to access data/document
No special process required

Comments