Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Determination of the effect of sexual counseling based on GES model On Sexual satisfaction And Sexual Function of women with Sexual Interest/Arousal Disorders

Protocol summary

Study aim
The effect of sexual counseling on couples, on sexual satisfaction and Sexual Function of women with Sexual Interest/Arousal Disorders

Design
Randomized Controlled Trial with parallel groups

Settings and conduct
Sampling was done online by submitting a call in cyberspace. From applicants who have the inclusion criteria , 40 couples and 40 women with Have SIAD are included in the study. Sampels are randomly divided into two groups of intervention A and B. Both groups receive an educational content virtually.

Participants/Inclusion and exclusion criteria
Inclution Criteria: Having at least three DSM-5 diagnostic criteria For SIAD having dysfunction for at least 6 months and in (75-100%) Of sexual intercourse having sexual distress the absence of a recent emotional crisis in life exclution criteria: the presence of chronic diseases affecting sexual issues

Intervention groups
Sexual counseling based on the GES model, which will include the following content:(An overview of the anatomy and physiology of the female and male reproductive system, the sexual response cycle, the factors influencing this cycle and the factors influencing the reduction of women's sexual desire and the need for sexual self-knowledge ,Explain the importance of sex as an important element of life, creating realistic expectations, emphasizing physical health and healthy behavioral habits on sexual health recovery, training and counseling behavioral exercises (concentration) - counseling to overcome sexual fears and anxieties .In group B , couples and in group A, women are trained. Trainings in both groups are done virtually.

Main outcome variables
Sexual Interest And Arousal Disorders

General information

Reason for update
Changing In the questionnaires due to the high number of questions, changing the working method and samples due to their unavailability and a slight change in the title

Acronym
GES

IRCT registration information
IRCT registration number: **IRCT20120609009975N9**
Registration date: **2020-06-23, 1399/04/03**
Registration timing: **prospective**

Last update: **2021-08-05, 1400/05/14**
Update count: **2**

Registration date
2020-06-23, 1399/04/03

Registrant information

Name
Farnaz Farnam

Name of organization / entity
Tehran University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-12-10, 1399/09/20

Expected recruitment end date
2021-03-08, 1399/12/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determination of the effect of sexual counseling based on GES model On Sexual satisfaction And Sexual Function of women with Sexual Interest/Arousal Disorders

Public title

Determination of the effect of sexual counseling based on GES model On Sexual satisfaction And Sexual Function of women with Sexual Interest/Arousal Disorders

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having at least three DSM-5 diagnostic criteria For SIAD And having problems for at least 6 months And In (100-75%) Of sexual intercourse. Having Sexual Distress The presence of an orgasmic disorder that is less important than the SIAD disorder (if the orgasmic disorder is more important and primary, it goes away). SIAD disorder is secondary, meaning that the person has not had the problem from the beginning with the question, "Have you felt that your sexual desire has decreased compared to before?" Is measured. SIAD disorder is generalized, meaning that decreased of Sexual Desire is not just because of the spouse. Age range 18 years before menopause Lack of addiction in the participant and his wife Lack of recent emotional crisis in life

Exclusion criteria:

having depression : Diagnosis with questionnaire 2 PHQ-2 questionnaire presence of chronic and severe diseases affecting sexual issues taking any drug that affects sexual desire such as antidepressants having serious marital problems with the spouse that may lead to divorce Sexual pain unwillingness to continue participating in the Intervention

Age

From **18 years** old to **52 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment to intervention and control groups Description of Randomization: First, a list of people who submitted their application to participate in the study within a certain period of time is prepared by the easy access method. Examples of this study are women with SIAD. The required number of samples in this study was 40 couples in group B and 40 women in group A. Among these individuals, who meet the inclusion criteria and are willing to participate in the study are randomly selected. After completing the questionnaires of demographic information, sexual satisfaction(GMSEX), sexual function(FSFI-6), sexual desire (SIDI), sexual distress(FSDS-3) and sexual misconceptions(SBDQ), these Women are randomly divided into two groups of intervention and control based on the table of computer random numbers.

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, School of Nursing And Midwifery, Tehran University of Medical Sciences

Street address

School of Nursing Midwifery, Tehran University of Medical Sciences Nosrat st. Tohid sq. Tehran I.IRAN

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Approval date

2020-05-02, 1399/02/13

Ethics committee reference number

IR.TUMS.FNM.REC.1399.035

Health conditions studied

1

Description of health condition studied

Female Sexual Interest/Arousal Disorders

ICD-10 code

F52.0

ICD-10 code description

Hypoactive sexual desire disorder

2

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

3

Description of health condition studied

Sexual Satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sexual Desire

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

The Sexual Interest And Desire Inventory

2

Description

sexual function

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

The Female Sexual Function Index(6)

3

Description

The Sexual Satisfaction

Timepoint

Before intervention and 3 months after intervention

Method of measurement

The Global Measure of Sexual Satisfaction

Secondary outcomes

1

Description

How couples Sexualy Interact

Timepoint

Before Intervention And 3 Months After The End Of The Intervention

Method of measurement

Dyadic Sexual Communication Scale

2

Description

Sexual Distress

Timepoint

Before Intervention And 3 Months After The End Of The Intervention

Method of measurement

Short Version Of Sexual Distress Scale-3

Intervention groups

1

Description

Intervention group B: Women receive sexual counseling and training in three sessions (The time of each session is 90 minutes) individually and in a one session(180-minute) with their husbands. Trainings in four weeks, online and Weber based on the concepts of the GES treatment model The content of the first and second sessions includes an overview of anatomy and physiology of the female and male reproductive system, Wrong sexual beliefs, definition of sexual satisfaction and the factors affecting it, dimensions of correct sexual communication ، definition of sexual self-knowledge، Sensate Focus، Sexual self-disclosure, sexual differences between men and women, Sexual Response Cycle، appropriate sexual conditions For Proper Sexual Communication And sexual perversions. the third and fourth sessions on Designing sex based on each couple's circumstances and their desires, ways to diversify sex ،Sexual fantasy، Definition of sexual desire, definition of SIAD disorder, factors affecting sexual desire, description of physical and psychological factors affecting sexual desire، Socio-educational and interpersonal causes affecting sexual desire, ways to cultivate sexual desire are emphasized based on the dimensions of the treatment model.

Category

Behavior

2

Description

Intervention group B: Women containing sexual education and counseling that includes an overview of the anatomy and physiology of the male and female reproductive system, misconceptions, definition of sexual satisfaction and factors affecting it, dimensions of correct sexual Communication, definition of sexual self-knowledge, sexual self-disclosure, female sexual differences And man, sexual response cycle, appropriate conditions for proper sexual Communication, sexual deviations, designing sexual intercourse based on each couple's circumstances and their desires, methods of creating diversity in sexual intercourse, definition of sexual fantasy, definition of sexual Interest/Arousal Disorders, definition of Sexual desire, factors affecting sexual desire، physical, psychological, socio-educational and interpersonal factors affecting sexual desire are received virtually as in group A in 4 weekly sessions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
فراخوان آنلاین

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Sponsors / Funding sources

1

Sponsor

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Vice Chancellor for research of Tehran University of Medical Science

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
Vice Chancellor for research of Tehran University of Medical Science

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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Position
Master of Midwifery Student

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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 not distribute the data
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be 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