

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Evaluation of effectiveness of a sexuality education program for parents of male adolescents: promoting of parent-adolescent sexual communication

Protocol summary

Study aim

The purpose of the present study was to assess the effectiveness of a sexual education intervention program to enhance parent-adolescent sexual communication.

Design

Current study is a randomized controlled trial with a parallel group design. 102 parents of adolescent aged 13-16 years were randomly selected from 8 high schools and were assigned into intervention and control groups. Pre-assessment with questionnaire were done for both groups, then the intervention program were carried out for the intervention group. post-assessment, one week and 3-months after last intervention session, were completed for both groups and analyzed. Education program was presented for the intervention group. Control group did not receive any sexual education during the study period.

Settings and conduct

Education program was presented for the parents of intervention group, in the form of four weekly two-hour sessions. Parents were assessed at the baseline, within one week post-intervention, and 3-month follow-up to evaluate the outcome variables.

Participants/Inclusion and exclusion criteria

Inclusion criteria: living in the selected district; literacy of writing and reading; being biological parent and living continuously with the adolescent; agree to only one parent (father or mother) of each household participate in sessions; Exclusion criteria: participation in sexual education or counselling classes before the study.

Intervention groups

Intervention group: Sexual education program was presented only for the parents of intervention group. Control group: This group did not receive any sexual education during the study period.

Main outcome variables

parent-adolescent general communication, parental

monitoring, parent-adolescent communication about sex-related topics, parent's sexual communication skills, parent's self-efficacy, and responsiveness to sexual communication.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120414009463N60**

Registration date: **2020-10-29, 1399/08/08**

Registration timing: **retrospective**

Last update: **2020-10-29, 1399/08/08**

Update count: **0**

Registration date

2020-10-29, 1399/08/08

Registrant information

Name

Zahra Behboodi Moghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-01, 1397/11/12

Expected recruitment end date

2019-11-21, 1398/08/30

Actual recruitment start date

2019-02-10, 1397/11/21

Actual recruitment end date

2019-07-30, 1398/05/08

Trial completion date

2019-11-30, 1398/09/09

Scientific title

Evaluation of effectiveness of a sexuality education program for parents of male adolescents: promoting of parent-adolescent sexual communication

Public title

Evaluation of effectiveness of a sexuality education program for parents of male adolescents: promoting of parent-adolescent sexual communication

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

living in the selected distinct Literacy of writing and reading being biological parent and living continuously with the adolescent agree to only one parent (father or mother) per household participate in sessions

Exclusion criteria:

participation in sexual education or counselling classes before the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **102**Actual sample size reached: **94****Randomization (investigator's opinion)**

Randomized

Randomization description

A multi-stage cluster random sampling method was used in this study. Department of education distinct 4 was randomly selected by drawing lots from 4 distinct that were located in Karaj city and then eight schools were randomly selected by drawing lots from the 31 all-boys public high schools 1& 2 (4 from each cluster of high schools 1 or 2). Samples were selected by simple random sampling using random numbers table, so that after determining how to read and select the table numbers, subjects were assigned in to a particular group (odd- intervention, even-control). The selected group was written on a card and the card was put inside of colored pocket with numbering and continued to the last number derived from the table numbers. The first pocket was used for first one and continued to the last.

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 Tehran University of Medical Sciences

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District 6, Keshavarz Boulevard and Ghods St.

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Tehran

Province

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Postal code

۱۴۱۷۶۵۳۷۶۱

Approval date

2018-02-03, 1396/11/14

Ethics committee reference number

IR.TUMS.REC.1396.4433

Health conditions studied**1****Description of health condition studied****ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Parent-adolescent general communication

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

2**Description**

parental monitoring

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

3**Description**

parent-adolescent communication about sex-related topics (communication quantity)

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

4

Description

parent's sexual communication skills (communication quality)

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

5

Description

parents self-efficacy

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

6

Description

parents responsiveness

Timepoint

one week and 12 weeks after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Education program was presented for the parents of intervention group, in the form of four weekly two-hour sessions. The intervention was composed of four components; Normal sexual development; General relationship and parenting; Communication about sex; Sexual risk reduction.

Category

Prevention

2

Description

Control group: The parents in control group did not receive any education related to adolescent sexuality health during the study period. In order to observe ethical issues, the presentation handout was provided for control group at the end of study.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Karaj distinct 4, all boys high schools1&2

Full name of responsible person

Pedram Javad

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karaj - Mianjadeh Street- Dehghanvilla.

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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

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

Zahra Behboodi Moghadam

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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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

There is no further information

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