

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The co-effect of sensate focus technique and position changing on sexual function in women with pelvic endometriosis who use medication

Protocol summary

Study aim

The simultaneous effect of sensate focus technique and position changing on sexual function in under treatment women with pelvic endometriosis

Design

This study is a clinical trial, with control group, with parallel groups, without blinding, randomized, which will be performed on 80 patients.

Settings and conduct

Random clinical trial with control group, Endometriosis Clinic of Avicenna Research Institute in Tehran, evaluation of interventions one and two months after intervention training

Participants/Inclusion and exclusion criteria

Inclusion criteria: Married women between the ages of 18 and 45 who have undergone medical treatment with an ultrasound diagnosis of endometriosis and have been referred for follow-up and had intercourse in the last 8 weeks.

Intervention groups

Intervention group: includes 40 women with endometriosis who are given a face-to-face training session in the form of a two-hour theory training on sensate focus technique and sexual position with educational slides and a step-by-step guide to sensate focus technique and sexual position will also be provided. The control group included 40 women with pelvic endometriosis who referred to the clinic for follow-up.

Main outcome variables

Sexual function; Sensate focus technique; Position changing

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200617047812N1**

Registration date: **2020-11-05, 1399/08/15**

Registration timing: **prospective**

Last update: **2020-11-05, 1399/08/15**

Update count: **0**

Registration date

2020-11-05, 1399/08/15

Registrant information

Name

Maryam Tajik

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

+98 21 5596 6271

Email address

m.tajjik@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-11-30, 1399/09/10

Expected recruitment end date

2021-12-01, 1400/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The co-effect of sensate focus technique and position changing on sexual function in women with pelvic endometriosis who use medication

Public title

The effect of sensate focus technique and position

changing on sexual function in women with pelvic endometriosis	Name of ethics committee Ethics committee of Tarbiat Modares University
Purpose Treatment	Street address Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University, Tehran
Inclusion/Exclusion criteria Inclusion criteria: Married women aged 18-45 years Having intercourse in the last 8 weeks No known underlying disease other than endometriosis (according to the research unit and the file) No mental illness (according to the research unit and the file) Husband monogamy and living with the spouse now and during the study Literacy of Persian language Being Iranian and living in Tehran No addiction of couples to drugs and alcohol (according to the research unit and the file) No stressful event during the last month (according to the research unit and the file) Exclusion criteria: Not having intercourse Being pregnant Having a mental illness	City Tehran Province Tehran Postal code 1411713116
Age From 18 years old to 45 years old	Approval date 2020-10-10, 1399/07/19
Gender Female	Ethics committee reference number IR.MODARES.REC.1399.089
Phase N/A	Health conditions studied
Groups that have been masked <i>No information</i>	1
Sample size Target sample size: 80	Description of health condition studied Sexual function
Randomization (investigator's opinion) Randomized	ICD-10 code F52
Randomization description Step 1: We will number the people of the community from number 1. This numbering will be done without following any special order. Step 2: We will randomly select a number as the sampling source in the table of random numbers. Step 3: From the beginning of sampling, we will consider rows with the number of sample digits. Step 4: We will read the numbers of the selected rows in order. We will count We will count the recurring number only once. The first selected number will be in the intervention group and the next number in the control group. Sampling will continue until the sample size is completed.	ICD-10 code description Sexual dysfunction not due to a substance or known physiological condition
Blinding (investigator's opinion) Not blinded	Primary outcomes
Blinding description	1
Placebo Not used	Description Improve sexual function
Assignment Parallel	Timepoint At the beginning of the study and 1 and 2 months after the intervention
Other design features	Method of measurement FSFI (female sexual function index), VAS (visual analogue scale)
Secondary Ids empty	Secondary outcomes empty
Ethics committees	Intervention groups
1	1
Ethics committee	Description In the intervention group, a 2-hour face-to-face training session will be conducted in the form of theoretical training on the sensate focus technique and sexual positions, along with educational slides, and a step-by-step instruction booklet on sensate focus technique and sexual position will be provided.
	Category Treatment - Other
	2
	Description

Control group: no intervention; and at the end of the evaluation period, a training booklet will be provided to the control group.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Avicenna Research Institute

Full name of responsible person

Shadab Shahali

Street address

No. 97, corner of Yakhchal St, Shariati St, Tehran

City

Tehran

Province

Tehran

Postal code

1941913114

Phone

+98 21 23519

Fax

+98 21 2264 4754

Email

maryam.rasuli2014@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tarbiat Modares University

Full name of responsible person

Mohammad Taghi Ahmadi

Street address

Jalal Al-Ahmad Highway, Nasr Bridge, Faculty of Medical Sciences, Tarbiat Modares University

City

Tehran

Province

Tehran

Postal code

1411713116

Phone

+98 21 8288 4230

Fax

+98 21 8288 4230

Email

maryam.rasuli2014@gmail.com

Web page address

<http://www.modares.ac.ir/en>

Grant name

Grant code / Reference number

0

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

Yes

Title of funding source

Tarbiat Modares University

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

Tarbiat Modares University

Full name of responsible person

Shadab Shahali

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University

City

Tehran

Province

Tehran

Postal code

14115-111

Phone

+98 21 8288 3811

Email

shadab.shahali@modares.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tarbiat Modares University

Full name of responsible person

Shadab Shahali

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University

City

Tehran

Province

Tehran

Postal code
14115-111
Phone
+98 21 8288 3811
Email
shadab.shahali@modares.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Tarbiat Modares University
Full name of responsible person
Shadab Shahali
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive Health
Street address
Jalal Al-Ahmad Highway, Faculty of Medical Sciences,
Tarbiat Modares University
City
Tehran
Province
Tehran
Postal code
1411713116
Phone
+98 21 8288 3811
Fax
+98 21 8882 3042
Email
shadab.shahali@modares.ac.ir
Web page address
<http://www.modares.ac.ir/en>

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 more information

Study Protocol

Yes - There is 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

Yes - There is 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

Title and more details about the data/document

Only part of the data, including information about the main outcome, can be shared

When the data will become available and for how long

Access efficiency starts from 1401

To whom data/document is available

The data will only be available to field researchers

Under which criteria data/document could be used

For further research, researchers can send a written request to the responsible author.

From where data/document is obtainable

Corresponding Author, Tarbiat Modares University, Faculty of Medical Sciences, Department of Midwifery and Reproductive Health

What processes are involved for a request to access data/document

After a written request from the responsible author, the request will be sent to the research unit of Tarbiat Modares University and if the rules are complied with, the analyzed data will be provided to the researchers.

Comments