

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

The co-effect of sensate focus technique and position changing on sexual function in women with deep-infiltrating endometriosis three to six months after surgery

Protocol summary

Study aim

The co-effect of sensate focus technique and position changing on sexual function in women with deep-infiltrating endometriosis three to six months after surgery

Design

Phase 3 clinical trial, with control group, without blinding, randomized

Settings and conduct

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

Participants/Inclusion and exclusion criteria

Married women aged 18 to 45 years who underwent laparoscopic diagnosis and pathology with deep endometriosis and underwent surgery and referred for follow-up three to six months after surgery and have intercourse in the last 8 weeks.

Intervention groups

Intervention group: includes 40 women who have referred for follow-up 3 to 6 months after surgery and are taught sensate focus technique and position changing in a two-hour session. Control group: includes 40 women with deep endometriosis who have undergone surgery.

Main outcome variables

sexual function; Sensate focus technique; Position changing

General information

Reason for update

Recording the exact time of the start and end of the sampling of the study (the start of the sampling was postponed due to the coronavirus outbreak)

Acronym

IRCT registration information

IRCT registration number: **IRCT20200617047813N1**

Registration date: **2020-10-13, 1399/07/22**

Registration timing: **prospective**

Last update: **2023-01-28, 1401/11/08**

Update count: **1**

Registration date

2020-10-13, 1399/07/22

Registrant information

Name

Parisa Tajik

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

+98 21 5596 6271

Email address

p.tajik@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

2021-01-06, 1399/10/17

Actual recruitment end date

2021-09-02, 1400/06/11

Trial completion date

2021-09-02, 1400/06/11

Scientific title

The co-effect of sensate focus technique and position changing on sexual function in women with deep-

infiltrating endometriosis three to six months after surgery		Ethics committee of Tarbiat Modares university	
Public title	The effect of sensate focus technique and positioning changing on sexual function after endometriosis surgery	Street address	
		Jalal Al-Ahmad Highway, Faculty of Medical Sciences, Tarbiat Modares University, Tehran	
Purpose	Treatment	City	
		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 Non-addiction of couples to drugs and alcohol (according to the research unit and the file) No stressful incident during the last month (according to the research unit and the file) Exclusion criteria: The couple's unwillingness to stay in the study Getting pregnant while studying Failure to perform a regular intervention program Remaining severe surgical complications (according to the research unit and the file)	Province	
		Tehran	
		Postal code	
		1411713116	
		Approval date	
		2020-10-10, 1399/07/19	
Ethics committee reference number			
IR.MODARES.REC.1399.090			
Health conditions studied			
<u>1</u>			
Description of health condition studied			
Sexual function			
ICD-10 code			
F52			
ICD-10 code description			
Sexual dysfunction not due to a substance or known physiological condition			
Primary outcomes			
<u>1</u>			
Description			
Improve sexual function			
Timepoint			
At the beginning of the study and 1 and 2 months after the intervention			
Method of measurement			
FSFI (female sexual function index), VAS (visual analogue scale)			
Secondary outcomes			
empty			
Intervention groups			
<u>1</u>			
Description			
Intervention group: A face-to-face training session is conducted in the form of theoretical training about sensate focus technique and position changing ; with the presentation of training slides. This two-hour workshop will be held individually with spouse in a private and quiet environment			
Category			
Treatment - Other			
<u>2</u>			
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

Parisa.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

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1411713116

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parisa.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

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Province

Tehran

Postal code

14115-111

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Person responsible for scientific inquiries

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Email

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Web page address

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