Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The comparison of the effectiveness of narrative therapy and “Good-Enough Sex Model" on sexual attitude, sexual function, and sexual satisfaction in infertile married persons.

Protocol summary

Study aim

The comparison of the effectiveness of narrative therapy and “Good- Enough Sex Model" on sexual attitude, sexual function, and sexual satisfaction in infertile married couples.

Design

The present study is a clinical trial with pre-test and post-test design with control group. The groups are parallel and the allocation of samples in three groups of 16 will be done randomly.

Settings and conduct

This study will be performed on 48 infertile married people in a specialized urology and gynecology office in Tehran. Infertile couples will be selected by inclusion criteria and through available sampling and then randomly assigned to 3 groups of 16 (two experimental groups and one control group). The two experimental groups will undergo educational intervention for 4 sessions of 60 minutes per week and the control group will not receive any intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having primary infertility, age between 20 to 45 years, without severe marital conflicts, without severe mental illness, with a history of infertility treatment, more than 2 years of infertility and conscious participation Exclusion criteria: Infertile married who have previously received a research-related intervention and training course.

Intervention groups

The first intervention group includes 16 samples that will be subjected to narrative therapy intervention, the second intervention group includes 16 samples that will be intervened with the "Good-Enough Sex Model" and the control group includes 16 samples that will not undergo any intervention.

Main outcome variables

sexual attitude; sexual function; sexual satisfaction

General information

Reason for update

To update the ethical code approval date in the ethics committee of the Tehran Islamic Azad University of Medical Sciences that was in 2021/02/21 but it was recorded 2021/02/23 in mistake in the IRCT site.

Acronym

IRCT registration information

IRCT registration number: **IRCT20150128020854N9**
Registration date: **2021-03-22, 1400/01/02**
Registration timing: **prospective**

Last update: **2022-06-01, 1401/03/11**
Update count: **1**

Registration date

2021-03-22, 1400/01/02

Registrant information

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Hedyeh Riazi
Name of organization / entity
Shahid Beheshti University of Medical Science
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-19, 1400/01/30

Expected recruitment end date

2021-07-06, 1400/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effectiveness of narrative therapy and “Good- Enough Sex Model" on sexual attitude, sexual function, and sexual satisfaction in infertile married persons.

Public title

The comparison of the effectiveness of narrative therapy and the “Good- Enough Sex Model" on sexual attitude, sexual function, and sexual satisfaction.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Inclusion criteria: Literacy, diagnosis of infertility by a gynecologist and urologist, age between 20 to 45 years, no severe marital conflict, having at least one sexual intercourse per week, 2 to 4 years after infertility diagnosis, no participation in psychological interventions in the last 6 months, have primary infertility of female or male origin, have experience in infertility treatment (any method), informed consent of couples to participate in treatment sessions

Exclusion criteria:

having a neurological and systemic disease based on a medical record, having a urinary-genital infection based on a medical record, having a severe mental disorder (psychosis disorder) and taking psychiatric drugs based on a medical record, mental retardation, using alcohol, drugs and medication,

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

From infertile married men and women referring to a specialized urology and gynecology office in Tehran city, 48 persons will be selected according to the research criteria and then will be assigned randomly to 3 groups of 16. At First, the participants will be given two-digit codes from 01 to 48. Then, using the website www.Randomization.com, three sets of codes will be selected, the first set will be assigned as the intervention group with narrative therapy, the second as the intervention group with “Good- Enough Sex Model", and third as the 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 of Islamic Azad University of Medical Sciences, Tehran

Street address

Tehran, Islamic Azad University of Medical Sciences, aculty of Medicine

City

Tehran

Province

Tehran

Postal code

1916893813

Approval date

2021-02-21, 1399/12/03

Ethics committee reference number

IR.IAU.TMU.REC.1399.490

Health conditions studied

1

Description of health condition studied

sexual counselling

ICD-10 code

Z70.3

ICD-10 code description

Counseling related to combined concerns regarding sexual attitude, behavior and orientation

Primary outcomes

1

Description

sexual attitude

Timepoint

Before the intervention, one week and 45 days after the intervention

Method of measurement

Sexual Attitudes Questionnaire

2

Description

sexual function

Timepoint

Before the intervention, one week and 45 days after the intervention

Method of measurement

Sexual Function Questionnaire

3

Description

sexual satisfaction

Timepoint

Before the intervention, one week and 45 days after the intervention

Method of measurement

Sexual Satisfaction Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group "Narrative therapy": After completing the written consent form, Dehghani Sexual Attitude Questionnaire along with Rosen Sexual Function Questionnaire and Hudson Sexual Satisfaction Questionnaire will be completed as a pre-test by 16 samples of this group. This intervention is performed in 3 stages in 4 sessions of 60 minutes at one week intervals. The first stage: the narrative stage of the problem, which is done by aiming at another form of the problem as an incidence (externalization) by focusing on their effects instead of their causes. The second stage: the stage of finding exceptions with the purpose Discoveries of relative victories are made over problems and examples of effective measures. Stage Three: Attracting support, encouraging some form of public behavior for newer and preferred interpretations, transforms past private cognitive structures into socially supported actions. Carefully tuned questions are used to achieve operational goals related to the three steps. This series of questions includes: deconstruction questions, space opener questions, preferential questions, questions to present the story, semantic questions and questions to lead the story to the future. 45 days after the intervention, the questionnaires are completed again by the samples and will be compared with the pre-test results.

Category

Other

2

Description

Intervention group "Good-enough sex mode": After completing the written consent form, Dehghani Sexual Attitude Questionnaire along with Rosen Sexual Function Questionnaire (FSFI and IIEF) and Hudson Sexual Satisfaction Questionnaire (ISS) will be completed as a pre-test by 16 samples of this group. The "Sexually Enough Good enough" model is implemented in 4 sessions with the following objectives: In the first session, the two goals of meaning and place of sexual experience in everyday life (fusion of sexual experience with real life) are examined and the relationship between Realistic sexual expectations are followed by behavioral, physical health and sexual satisfaction. In the second session, the two objectives are the relationship between the quality of sexual experience and optimal performance (questioning perfect and perfect performance) and the relationship between enrichment in dimension. Intimate and sexual satisfaction is pursued. The third session is followed with the aim of assigning meaning, goals and tasks to each couple to achieve sexual satisfaction. The fourth session aims to point out and focus on all psychological, medical and communication aspects to promote health Sex is followed. 45 days after the intervention, the questionnaires are completed again by the samples and will be compared with the pre-test results.

Category

Other

3

Description

Control group: After completing the written consent form, the Dehghani Sexual Attitude Questionnaire along with the Rosen Sexual Function Questionnaire (FSFI and IIEF) and the Hudson Sexual Satisfaction Questionnaire (ISS) will be completed as a pre-test by 16 samples of this group. Information and educational intervention in the field of attitude, practice and sexual satisfaction 45 days after the intervention in the intervention groups, the questionnaires will be completed again by the control group and the results will be compared with the pre-test scores.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Urology and Gynecology office

Full name of responsible person

Dr. Keramat Dehghani, Dr. Farideh Foroughian

Street address

Dr. Foroughian and Dr. Dehghani, second floor, 178 doctors building, in front of the fire department, Tajrish, Dezashib St.

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1

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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
Islamic Azad 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

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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
Because the results will be mentioned in the article.
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Study protocol
When the data will become available and for how long
After publishing the study article
To whom data/document is available
All interested colleagues
Under which criteria data/document could be used
To use in other studies
From where data/document is obtainable
Mr. Armin Firoozi
What processes are involved for a request to access data/document
Request via email
Comments