Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Evaluating the effect of virtual training stress management education on sexual function of women around menopause

Protocol summary

Study aim
Determining the effect of virtual stress management training on sexual performance of women around menopause

Design
Quasi-experimental study of a group before and after

Settings and conduct
this study is a quasi-experimental study that on 50 women aged 40 to 50 years referred to Sohrab Ali Bakhshi Health Center under the auspices of Iran University of Medical Sciences located in the Shahriar city of Tehran will be done. After obtaining permission from the ethics committee of Iran University of Medical Sciences and referring to the research environment among the qualified women who refer to the above center who after providing the necessary explanations about the objectives and how to conduct research, want to participate in the study. , Informed consent will be received Sampling will be done continuously for 12 weeks (3 months), with reference to electronic household records and sampling in 5 groups of 10 people. The samples will first complete the demographic and sexual function questionnaires. Questionnaires will be completed virtually and . Stress management training will be held in the form of 8 30-minute virtual sessions, twice a week for 4 weeks, using the WhatsApp social network. Sexual function will be determined before, 4 and 8 weeks after the intervention.

Participants/Inclusion and exclusion criteria
1.Have a minimum literacy؛ Current pregnancy and lactation and one year before the start of the study 2.Having a cell phone and smartphone line or computer or laptop or iPad during the intervention؛ Occurrence of stressful experiences during the last 3 months for couples

Intervention groups
Intervention groups include women around menopause with the age of 40 to 50 years referred to Sohrab Ali Bakhshi Comprehensive Health Center in Shahriar city. After filling in the informed consent form by the samples, sampling will be done continuously. Stress management training will be in the form of 8 virtual 30-minute sessions.

Main outcome variables
Sexual function

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20140823018903N2**
Registration date: **2021-11-17, 1400/08/26**
Registration timing: **registered_while_recruiting**

Last update: **2021-11-17, 1400/08/26**
Update count: **0**

Registration date
2021-11-17, 1400/08/26

Registrant information

Name
Leila Neisani Samani

Name of organization / entity
Iran University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-10-23, 1400/08/01

Expected recruitment end date

2022-02-20, 1400/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of virtual training stress management education on sexual function of women around menopause

Public title

Studying the effect of virtual training stress management education on sexual function of women around menopause

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Have a minimum literacy Having a cell phone and smartphone line or computer or laptop or iPad during the intervention Living with spouse for the past 6 months Failure to receive hormone therapy or complementary medicine related to fertility and menopause for the past 6 months No known mental health problems or systemic illnesses (such as diabetes, hypertension, kidney disease) Having sex with spouse during the study and one month before Monogamy The couple's first marriage Have at least one period in the last 3 months

Exclusion criteria:

Current pregnancy and lactation and one year before the start of the study Occurrence of stressful experiences during the last 3 months for couples Alcohol use or drug abuse in couples (while studying and in the history of couples)

Age

From **40 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of iran university of medical sciences

Street address

Hemmat Highway between Chamran and Sheikh Fazlollah Iran University of Medical Sciences Headquarters Fifth Floor

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2021-10-03, 1400/07/11

Ethics committee reference number

IR.IUMS.REC.1400.620

Health conditions studied

1

Description of health condition studied

Stress management training on sexual function

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sexual function score of women around menopause using Rosen et al.'s sexual function questionnaire

Timepoint

Determining the score of sexual function at the beginning of the study (before the intervention), 4 and 8 weeks after the intervention.

Method of measurement

Rosen et al. Female sexual function index questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Implementing a virtual training program for stress management for 5 groups of 10 women around menopause in 8 sessions of 30 minutes 2 times a week for 4 weeks using WhatsApp social network.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Sohrab Ali Bakhshi Shahriar Comprehensive Health Center

Full name of responsible person
Dr Afsaneh Bagheri

Street address
Tehran Province, Shahriar, Enghelab St., next to Imamzadeh Ismail, not far from Ansar Alley, Sohrab Ali Bakhshi Health Center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Dr. hossein Keyvani

Street address
Tehran, Hemmat Highway next to Milad Tower, Iran University of Medical Sciences, fifth floor of the headquarters

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Research_m@iums.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Title of funding source
Iran 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
Iran University of Medical Sciences

Full name of responsible person
Leila neysani samani

Position
Faculty of medical sciences

Latest degree
Master

Other areas of specialty/work
Midwifery

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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 more 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
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
Failure to disclose information in order to maintain confidentiality
When the data will become available and for how long
Failure to disclose information in order to maintain confidentiality
To whom data/document is available
Failure to disclose information in order to maintain confidentiality
Under which criteria data/document could be used
Failure to disclose information in order to maintain confidentiality
From where data/document is obtainable
Failure to disclose information in order to maintain confidentiality
What processes are involved for a request to access data/document
Failure to disclose information in order to maintain confidentiality
Comments
In the clinical study report section, according to the university guide, the report will be presented to the research system.