

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Determination the effect of sexual skills training, on promoting intimacy and sexual satisfaction in women receiving education compared to women without education

#### Protocol summary

##### Summary

The purpose of this study was to evaluate the effectiveness of sexual skills training on intimacy and sexual satisfaction in women. Cluster clinical trial study was designed. The population of this study was group women who admitted to Shahid Beheshti university of Medical Sciences in Tehran's health centers, 2014-15. This group was divided into two sub-groups of intervention (receiving education) and control group (without receiving education). The main criteria of individuals to be considered in the group were namely, the score of 30-40 in standard marital satisfaction according to the Enrich questionnaire, women with 6-24 months length of marriage (who lives together). The individuals were excluded from the study if did not meet the criteria, namely, not being present in more than 2 sessions of training sessions or pre-test and post-test, the occurrence of pregnancy during the study, occurrence of misadventure during the pre-test and post-test. Target sample size was 35 patients in each group, and totally 70 patients. Intervention time was one session for five consecutive weeks and then, the effect of the program was evaluated two months after the last training in two groups. The result of this study demonstrates that sexual skills training program improve intimacy and sexual satisfaction on women in intervention group.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201412165667N4**  
Registration date: **2016-02-09, 1394/11/20**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-02-09, 1394/11/20

##### Registrant information

###### Name

Shahnaz Tork Zahrani

###### Name of organization / entity

Beheshti University of Medical Sciences & Health Services

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8856 0717

###### Email address

zhrani@sbmu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for research, Shahid Beheshti university of Medical Sciences

##### Expected recruitment start date

2014-12-22, 1393/10/01

##### Expected recruitment end date

2015-05-05, 1394/02/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Determination the effect of sexual skills training, on promoting intimacy and sexual satisfaction in women receiving education compared to women without education

**Public title**

The effect of sexual skills training on intimacy and sexual satisfaction in women

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria includes: 1. Standard marital satisfaction score, between 30-40 and above according to the Enrich questionnaire, 2. Absence of classes or other training courses about sex in couples, 3. women with 6-24 months length of marriage (who lives together), 4. Absence of abortion, dead fetus, not being pregnant, not having a child, 5. Not facing the death of loved ones in the last 6 months. 6. No acute or chronic Physical limitations known by the doctor, such as: depression, diabetes, obsessive-stress, addiction, rheumatoid arthritis in couples, 7. No alcohol dependence or psychotropic substances in couples 8. No drugs prescribed by a doctor during the past two years for couples 9. No history of pelvic surgery (internal and external), 10. Having at least primary education in couples, 11. Iranian couples, Exclusion criteria includes: 1. Lack of consent to continue participating in the study, 2. The absence of women in more than 2 sessions of training sessions or pretest and posttest, 3. The occurrence of pregnancy during the study, 4. Occurrence of misadventure during the pretest and posttest in women

**Age**

From **18 years** old to **45 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **70**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

In this study, health centers were selected using multistage selection. At the first round, the centers of Shahid Beheshti university of Medical Sciences were considered that were located at the Northeast, East and Southeast of Tehran. Two final centers were selected by considering just two centers in each geographical location that their volume and texture being more similar to each other in their clients, and finally the two centers, was allocated to each intervention and control groups randomly via coin toss method. Thus six centers were selected that three of them were considered to be the intervention group and other three remained centers were considered to be the control group. In fact, in each

geographical location one center was considered to be the intervention group and another as control group randomly. Volunteers selected based on the convenient sampling.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Shahid Beheshti university of Medical Sciences

**Street address**

Arabee street, Yaman street, Shahid Chamran highway

**City**

Tehran

**Postal code****Approval date**

2014-12-07, 1393/09/16

**Ethics committee reference number**

SBMU.REC.1393.456

**Health conditions studied****1****Description of health condition studied**

The effect of sexual skills training on intimacy and sexual satisfaction

**ICD-10 code**

F52.9

**ICD-10 code description**

Unspecified sexual dysfunction, not caused by organic disorder or disease

**Primary outcomes****1****Description**

Sexual satisfaction

**Timepoint**

Before intervention and two months after intervention

**Method of measurement**

Sexual satisfaction questionnaire (Larson)

**2****Description**

Intimacy satisfaction

**Timepoint**

Before intervention and two months after intervention

**Method of measurement**

Intimacy satisfaction questionnaire (shah Siah)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group received 5 weeks of sexual skills training using a training package. The training package contains six various components namely, classroom questioning, lecturing, presentations (using PowerPoint), training films, group discussion and asking-answering questions and review. The quality of the training package is accredited and confirmed using the opinions of ten experts. This training package is taught by a trained researcher in 90 minutes sessions per week for 5 weeks.

#### Category

Lifestyle

### 2

#### Description

No intervention for control group

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Torab Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Fakorian Alley, Shahid Kolehdoz street, Shariate Avenue

##### City

Tehran

### 2

#### Recruitment center

##### Name of recruitment center

Sheibani Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Hafez Alley, Shahid Kolehdoz street

##### City

Tehran

### 3

#### Recruitment center

##### Name of recruitment center

Nader Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Esfandane street, Jashnvareh Avenue, Tehranpars

##### City

Tehran

### 4

#### Recruitment center

##### Name of recruitment center

Kadoos Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Sajdee shomale street, Jashnvareh Avenue, Tehranpars

##### City

Tehran

### 5

#### Recruitment center

##### Name of recruitment center

Shobeir Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Behziste, khorasan Square, 17 shahrivar Avenue

##### City

Tehran

### 6

#### Recruitment center

##### Name of recruitment center

Safare Health Center

##### Full name of responsible person

Fatemeh Salehi moghaddam

##### Street address

Hadad adel street, Rey Avenue

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Shahid Beheshti university of Medical Sciences

##### Full name of responsible person

Dr. Afshin Zarghi

##### Street address

Shahid Arabee street, Yaman street, Shahid Chamran highway

##### City

Tehran

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Vice chancellor for research, Shahid Beheshti university

of Medical Sciences  
**Proportion provided by this source**  
100  
**Public or private sector**  
*empty*  
**Domestic or foreign origin**  
*empty*  
**Category of foreign source of funding**  
*empty*  
**Country of origin**  
**Type of organization providing the funding**  
*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
Shahid Beheshti university of Medical Sciences  
**Full name of responsible person**  
Dr. Afshin Zarghi  
**Position**  
Vice chancellor for research, Shahid Beheshti  
university of Medical Sciences  
**Other areas of specialty/work**  
**Street address**  
Arabee street, Yaman street, Shahid Chamran  
highway  
**City**  
Tehran  
**Postal code**  
**Phone**  
+98 21 2243 9781  
**Fax**  
**Email**  
zarghi@sbmu.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Nursing and Midwifery college of Shahid Beheshti  
University of Medical Sciences  
**Full name of responsible person**  
Shahnaz Tork zahrani  
**Position**  
Master of science in midwifery  
**Other areas of specialty/work**  
**Street address**  
Nursing and Midwifery college of Shahid Beheshti  
University of Medical Sciences, in front of Shahid  
Rajae Heart Hospital, Niayesh intersection, Valiasr

Avenue  
**City**  
Tehran  
**Postal code**  
**Phone**  
+98 21 8865 5366  
**Fax**  
**Email**  
Zahranishahnaz@yahoo.com  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Nursing and Midwifery college of Shahid Beheshti  
University of Medical Sciences  
**Full name of responsible person**  
Fatemeh Salehi moghaddam  
**Position**  
Master of science in midwifery  
**Other areas of specialty/work**  
**Street address**  
Nursing and Midwifery college of Shahid Beheshti  
University of Medical Sciences, in front of Shahid  
Rajae Heart Hospital, Niayesh intersection, Valiasr  
Avenue  
**City**  
Tehran  
**Postal code**  
**Phone**  
+98 21 6655 3244  
**Fax**  
**Email**  
fatemehsalehi28@yahoo.com  
**Web page address**

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

*empty*

### Study Protocol

*empty*

### Statistical Analysis Plan

*empty*

### Informed Consent Form

*empty*

### Clinical Study Report

*empty*

### Analytic Code

*empty*

### Data Dictionary

*empty*