

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jul 2026

**The effect of education based on sexual self\_concept model on sexual self\_esteem and sexual self\_efficacy of postpartum women referred to educational and medical centers of alborz university of medical sciences.**

### Protocol summary

#### Study aim

Determining the effect of education based on sexual self-concept model on self-confidence and sexual self-efficacy of postpartum women referred to Alborz University of Medical Sciences

#### Design

The clinical trial has 120 participants in two groups of control and intervention which are divided into two groups using four random blocks.

#### Settings and conduct

the researcher will attend to the Eastern Health Centers of Alborz University of Medical Sciences and will provide a list of mothers who gave birth six weeks ago from the sib system. then the researcher will call the participants and will explain the Backgrounds of the research objectives and will obtain oral and written consent from them, sampling will be done from the people who have the conditions to enter the study and in order to observe research ethics, a written consent will be obtained from the spouses. and both groups of participants will answer the questionnaires of demographic characteristics, sexual confidence and sexual self-efficacy at the beginning of the research and then . This process is done in person and online on the WhatsApp social network in six 30-minute training sessions twice a week for a period of one month. These sessions are based on the model of sexual self-concept and the control group is under the routine care. Immediately after completing the training sessions and one month later, the questionnaire of sexual self-confidence and sexual self-efficacy will be completed again by all participants

#### Participants/Inclusion and exclusion criteria

Entry: Six weeks have passed since the delivery day.

Exit: One year has passed since the delivery day.

#### Intervention groups

The effect of education based on sexual self-concept model on sexual self efficacy and self esteem in the

intervention group, the control group is under previous routine care.

#### Main outcome variables

Impact on sexual self efficacy and sexual self esteem

### General information

#### Reason for update

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20220530055025N1**

Registration date: **2022-07-05, 1401/04/14**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-07-05, 1401/04/14**

Update count: **0**

#### Registration date

2022-07-05, 1401/04/14

#### Registrant information

##### Name

mana mousavi

##### Name of organization / entity

Alborz university os medical sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4401 3697

##### Email address

manamusavi@gmail.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2022-06-09, 1401/03/19

#### Expected recruitment end date

2022-07-23, 1401/05/01

**Actual recruitment start date**

2022-06-09, 1401/03/19

**Actual recruitment end date**

2022-08-10, 1401/05/19

**Trial completion date**

2022-08-23, 1401/06/01

**Scientific title**

The effect of education based on sexual self\_concept model on sexual self\_esteem and sexual self\_efficacy of postpartum women referred to educational and medical centers of alborz university of medical sciences.

**Public title**

The effect of education based on sexual self\_concept model on sexual self\_esteem and sexual self\_efficacy of postpartum women referred to educational and medical centers of alborz university of medical sciences.

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Being sexually active Being able to attend in online sessions At least 6 weeks have passed since the mother gave birth

**Exclusion criteria:**

Having a defect in body or burn Addiction Passing a year after mother's giving birth

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **120**Actual sample size reached: **120****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Selected samples will be divided into intervention and control groups using 4 random blocks

**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 Alborz university of medical sciences

**Street address**

Alborz University of Medical Sciences, Administrative Town, North Taleghani Boulevard, Taleghani Square, Karaj

**City**

Karaj

**Province**

Alborz

**Postal code**

3149779453

**Approval date**

2022-05-08, 1401/02/18

**Ethics committee reference number**

IR.ABZUMS.REC.1401.027

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

Sexual self-esteem and sexual self-efficacy

**ICD-10 code**

F53

**ICD-10 code description**

Mental and behavioral disorders associated with the puerperium

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

Sexual self esteem

**Timepoint**

At the beginning of the study (before the start of the intervention), immediately after the intervention and 30 days after the end of the intervention.

**Method of measurement**

Questionnaire of sexual self esteem based on sexual self concept model

**2****Description**

Sexual self efficacy

**Timepoint**

At the beginning of the study (before the start of the intervention), immediately after the intervention and 30 days after the end of the intervention.

**Method of measurement**

Questionnaire of sexual self efficacy based on sexual self concept model

**Secondary outcomes**

empty

## Intervention groups

1

### Description

Intervention group: 60 women who have passed six weeks after delivery and are referred to Alborz University of Medical Sciences who were randomly selected from 120 sample

### Category

Other

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Kamali hospital

#### Full name of responsible person

Mana Mousavi

#### Street address

Kamali Educational and Medical Center, Kamali street, Shohada square

#### City

Karaj

#### Province

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#### Postal code

31348 77179

#### Phone

+98 26 3223 7001

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+98 26 3220 4975

#### Email

Kamali@abzums.ac.ir

#### Web page address

<https://kamali.abzums.ac.ir/fa-IR/kamali.abzums.ac/9583/page/%D8%B5%D9%81%D8%AD%D9%87-%D8%A7%D8%B5%D9%84%DB%8C>

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Alborz university of medical sciences

#### Full name of responsible person

Doctor Javad Moazami

#### Street address

Alborz University of Medical Sciences, Administrative Town, North Taleghani Boulevard, Taleghani Square, Karaj

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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

Alborz 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

Alborz university of medical sciences

#### Full name of responsible person

Doctor Sara Esmaeelzade Saeie

#### Position

Assistant Professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Health Promotion

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esmaelzadeh1360@gmail.com

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Alborz university of medical sciences  
**Full name of responsible person**  
 Mana Mousavi  
**Position**  
 M.sc student of midwifery  
**Latest degree**  
 Bachelor  
**Other areas of specialty/work**  
 Health Promotion  
**Street address**  
 Unit 2, No. 15, Yas Alley, First Golha St, Ayatollah  
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## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
 Alborz university of medical sciences  
**Full name of responsible person**  
 Mana Mousavi  
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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**  
 Yes - There is a plan to make this available  
**Study Protocol**  
 Undecided - It is not yet known if there will be a plan to make this available  
**Statistical Analysis Plan**  
 Undecided - It is not yet known if there will be a plan to make this available  
**Informed Consent Form**  
 Yes - There is a plan to make this available  
**Clinical Study Report**  
 Undecided - It is not yet known if there will be a plan to make this available  
**Analytic Code**  
 Undecided - It is not yet known if there will be a plan to make this available  
**Data Dictionary**  
 Undecided - It is not yet known if there will be a plan to make this available  
**Title and more details about the data/document**  
 Participants' answers to the questionnaire on sexual confidence and self-efficacy  
**When the data will become available and for how long**  
 After September 2022  
**To whom data/document is available**  
 Research data will be available only to researchers working in academic and scientific institutions  
**Under which criteria data/document could be used**  
 I do not know now  
**From where data/document is obtainable**  
 for access to my thesis you can find it in university's library  
**What processes are involved for a request to access data/document**  
 I do not know now  
**Comments**  
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