

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jun 2026

### Investigating the effect of gamification-based sexual conversation skill-enhancing intervention on sexual satisfaction and compatibility in married students of Tehran University dormitories: a randomized clinical trial

#### Protocol summary

##### Study aim

Determining the effect of gamification-based sexual conversation skill enhancement intervention on sexual compatibility and satisfaction in married students of Tehran University dormitories.

##### Design

The clinical trial has a control group and two intervention groups, randomized by lottery, without blinding, on 41 couples in each group, with a total of 123 couples.

##### Settings and conduct

The names of women aged 18 to 45 who are registered in 3 married dormitories of Tehran University are randomly placed in intervention group 1, intervention 2 and control group.

##### Participants/Inclusion and exclusion criteria

Reproductive age (18-45 years), married for more than one year, having a spouse and active sex, having Iranian nationality, having the ability to read and write, having a dedicated smart cell phone, no history of couples participating in sexual skill training courses and counseling. In the past 2 months, the husband's participation and accompaniment in educational programs, no alcohol and drug use in the couple, no sexual dysfunction, no disabilities, no known chronic diseases, Lack of chronic psychiatric disorders and problems (self-reported)

##### Intervention groups

The couples of the intervention group 1 will play the sexual conversation skill game online once a week for one month and twice a week. The researcher will answer the questions raised by the people. In intervention group 2, women share brochure content with their husbands. No training is given in the control group.

##### Main outcome variables

Sexual satisfaction and sexual compatibility

#### General information

##### Reason for update

Due to the lack of organizational cooperation and lack of sufficient samples, the target population was changed from Tehran neighborhoods to married students of Tehran University dormitories.

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220712055440N1**

Registration date: **2022-09-25, 1401/07/03**

Registration timing: **prospective**

Last update: **2023-02-28, 1401/12/09**

Update count: **1**

##### Registration date

2022-09-25, 1401/07/03

##### Registrant information

###### Name

Maryam Nekoolaltak

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6105 4214

###### Email address

mnekoolaltak@sina.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-03-11, 1401/12/20

##### Expected recruitment end date

2023-04-09, 1402/01/20

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

### Scientific title

Investigating the effect of gamification-based sexual conversation skill-enhancing intervention on sexual satisfaction and compatibility in married students of Tehran University dormitories: a randomized clinical trial

### Public title

the effect of intervention that promotes skill of sexual talk with spouse based on gamification on the level of sexual compatibility and satisfaction in married students

### Purpose

Education/Guidance

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Reproductive age (18-45 years) Marriage duration more than one year Having a spouse and active sex Having Iranian nationality Having the ability to read and write Having a dedicated smart phone Participation and companionship of the husband in educational programs

#### Exclusion criteria:

history of couples participating in sexual skill training and counseling courses in the last 6 months sexual dysfunction (self-reported) any disability (self-declaration) suffering from known chronic diseases (self-reported) chronic psychiatric disorders and problems (self-reported) alcohol and drug use in couples

### Age

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

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **123**  
More than 1 sample in each individual  
Number of samples in each individual: **1**  
Wives are also present in this research

### Randomization (investigator's opinion)

Randomized

### Randomization description

3 dormitories of married students of Tehran University (according to the sample entry criteria) are randomly placed in intervention groups 1 and 2 and control by lottery.

### 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 Tehran Nursing and Midwifery and Rehabilitation Faculty

##### Street address

School of Nursing Midwifery ,Tehran University of Medical Sciences Nosrat st. Tohid sq. Tehran

##### City

Tehran

##### Province

Tehran

##### Postal code

1419733171

#### Approval date

2022-01-13, 1400/10/23

#### Ethics committee reference number

IR.TUMS.FNM.REC.1400.184

## Health conditions studied

### 1

#### Description of health condition studied

Educational - advisory

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Sexual satisfaction score in the Larson questionnaire

#### Timepoint

The amount of sexual satisfaction before the start of the intervention and 4 and 8

#### Method of measurement

Larson questionnaire

### 2

#### Description

Sexual compatibility score in the questionnaire of sexual compatibility with spouse (Dr. Nekulal Tek et al.)

#### Timepoint

The level of sexual compatibility before the start of the intervention and 4 and 8

#### Method of measurement

questionnaire of sexual compatibility with spouse (Dr. Nekulal Tek et al.)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Intervention group 1 will play the sexual conversation skill game with each other (couples) twice a week for one month, and once a week the researcher will answer the questions raised online through WhatsApp. Questionnaires are completed before and 4 and 8 weeks after the intervention by both intervention groups.

#### Category

Behavior

### 2

#### Description

Intervention group: Intervention group 2, women share the content of the brochure that contains sexual conversation skills with their husbands. And the questionnaires are completed before and 4 and 8 weeks after the intervention by both intervention groups

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Tehran University Married Dormitory

##### Full name of responsible person

Dr. Mohammad Ali Zare Chahoki

##### Street address

Tehran, Kargarshamali St., in front of 15th St., Tehran University Koi

##### City

Tehran

##### Province

Tehran

##### Postal code

1439955975

##### Phone

+98 21 8801 3701

##### Email

kooy@ut.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Tehran University of Medical Sciences

##### Full name of responsible person

Dr. Akbar Fotohi

##### Street address

School of Nursing and Midwifery. Mirkhani St. Tohid square.

##### City

Tehran

##### Province

Tehran

##### Postal code

1419733171

##### Phone

+98 21 6105 4000

##### Email

mnekoolaltak@sina.tums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Tehran 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

Tehran University of Medical Sciences

##### Full name of responsible person

Maryam Nekoolaltak

##### Position

Associate professor

##### Latest degree

Specialist

##### Other areas of specialty/work

Reproductive Health

##### Street address

Faculty of Nursing and Midwifery. Mirkhani St. Tawheed Square

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##### Province

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Tehran University of Medical Sciences

##### Full name of responsible person

Maryam Nekoolaltak

**Position**

Assistant Professor

**Latest degree**

Specialist

**Other areas of specialty/work**

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**Person responsible for updating data**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Study data can be shared after de-identifying individuals

**When the data will become available and for how long**

six months after publication of finding

**To whom data/document is available**

The data of this research will be accessible to researchers working in academic and scientific institutions

**Under which criteria data/document could be used**

The data obtained from this study will be accessible only to conduct similar studies

**From where data/document is obtainable**

Dr.Maryam Nekoolaltak-  
email:mnekoolaltak@sina.tums.ac.ir

**What processes are involved for a request to access data/document**

Initial correspondence via e-mail, face-to-face meeting and presentation of a work proposal similar to the current research, providing sufficient evidence for the similarity of your research with the current research, reading the proposal by the current research manager, making a decision and announcing the result by the current research manager, providing the researcher with access to data. Providing data files for on-site use.

**Comments**