

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

The effect of pelvic floor muscle exercise on sexual function and satisfaction in primiparus women.

Protocol summary

Summary

(1) Objectives : The effect of pelvic floor muscle exercise on sexual function and satisfaction in primiparus women.(2) Design:This study is a clinical trial is designed as a before and after.(3) Setting and conduct: A population of 100 women who refer to Gynecology Clinic will be investigated in this clinical trial after being informed and signing the written consent . the questionnaires were asked by the researcher and will be completed. Subjects passing the history will be blindly divided in two groups: intervention and control. Then we asked from intervention group doing kegel exercise .Each exercise must be tenth contraction 1-3 seconds followed by 3 seconds rest done and over, the individual based on his ability and the number and duration of contractions gradually increase to a rate of 5 s contraction and 5 seconds, release and reach 90 to 100 contractions per day. Do this exercise for 16 weeks will be conducted by the research unit .with regard to sex are explained for each training session will be held 16 weeks after the sexual satisfaction and sexual performance study based on questionnaires mentioned above shall be determined Shadow of results before and after the intervention group and in the same period When compared with the control group, (4) Participants including major eligibility criteria: Inclusion criteria: All units are Iranian; Couples living together have at least the past 1 year married ; Couples are not addicted to drugs and alcohol; their marriage is not compulsory; During the last 3 months of emotional stress (such as the death of first-degree relatives) are not; Couples do not have a mental or physical illness ; All women are nulliparous ; They were to be delivered vaginally. Exclusion criteria : Lack of exercise at least once a day.(5) Intervention: we asked from intervention group doing kegel exercise .Each exercise must be tenth contraction 1-3 seconds followed by 3 seconds rest done and over, the individual based on his ability and the number and duration of contractions gradually increase

to a rate of 5 s contraction and 5 seconds, release and reach 90 to 100 contractions per day, (6) main outcome measures (variables):sexual function and sexual satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106156284N3**

Registration date: **2012-02-26, 1390/12/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-02-26, 1390/12/07

Registrant information

Name

Maryam Modarres

Name of organization / entity

Tehran university of Medical sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tehran University of Medical sciences

Expected recruitment start date

2011-01-21, 1389/11/01

Expected recruitment end date

2011-09-21, 1390/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of pelvic floor muscle exercise on sexual function and satisfaction in primiparus women.

Public title

The effect of pelvic floor muscle exercise on sexual function and satisfaction in primiparus women.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: All units are Iranian; Couples living together have at least the past 1 year married ; Couples are not addicted to drugs and alcohol; their marriage is not compulsory; During the last 3 months of emotional stress (such as the death of first-degree relatives) are not; Couples do not have a mental or physical illness ; All women are nulliparous ; They were to be delivered vaginally. Exclusion criteria : Lack of exercise at least once a day.

Age

No age limit

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description**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 University of Medical sciences

Street address

f 6th, Center organization of university, edge of Qods

avenue, Keshavarz blvd

City

Tehran.

Postal code**Approval date**

2011-06-26, 1390/04/05

Ethics committee reference number

1346/130/3

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

Female genital prolapsed

ICD-10 code

N81

ICD-10 code description

Female genital prolapsed

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

sexual function

Timepoint

Before the intervention and after 4 months

Method of measurement

Standard questionnaire (FSFI)

Secondary outcomes

empty

Intervention groups**1****Description**

we asked from intervention group doing kegel exercise .Each exercise must be tenth contraction 1-3 seconds followed by 3 seconds rest done and over, the individual based on his ability and the number and duration of contractions gradually increase to a rate of 5 s contraction and 5 seconds, release and reach 90 to 100 contractions per day.

Category

Rehabilitation

2**Description**

For the control group not given any training in pelvic exercises. only A brief description is given in relation to the sex. And a educational sessions are held.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Meysam

Full name of responsible person

Ellahe Booriaey

Street address

On your right hand, Ghapun alley, Ghazvin av , Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical sciences

Full name of responsible person

Research assistant of Tehran University of Medical sciences (Dr. Akbar Fotoohi)

Street address

5th floor, Central building of Tehran University of Medical sciences, edge of Qods Av, Keshavarz blvd, Tehran

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, Tehran 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

Tehran University of Medical sciences

Full name of responsible person

Dr. Masud Yunesian

Position

Research Affairs

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Faculty of Nursing & Midwifery

Full name of responsible person

Maryam Modarres

Position

MSc Midwifery

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Faculty of Nursing & Midwifery of Tehran University

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Ellahe Booriaey

Position

College student

Other areas of specialty/work

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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