Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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Name of organization / entity

Tehran university of Medical sciences

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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/د

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
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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)
empty

Study Protocol
empty

Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty