

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Comparison of the effectiveness of Sexual Health counseling based on Good Enough Sexual Model (GESM) versus PERMA (Positive Emotion, Engagement, Positive Relationships, Meaning, Accomplishment) on Sexual Function and Quality of Sexual Life in women

Protocol summary

Study aim

Comparing the effectiveness of sexual health counseling based on the good enough sexual experience model with the positivism approach on the performance and quality of women's sexual life

Design

A semi-experimental study is conducted using the method of a parallel clinical trial with two randomized parallel groups without blinding on the performance and quality of sexual life of 82 eligible women. Sampling is done by simple random allocation method using random allocation software. The intervention includes the GESM with the participation of 41 women and the PERMA with the participation of 41 women.

Settings and conduct

Bandar Abbas Comprehensive Health Center, invitation to study, sample selection, random allocation and psychological intervention are carried out by the second researcher, under the supervision of the first, third and fourth researchers.

Participants/Inclusion and exclusion criteria

Inclusion Women of reproductive age (15-49 years)
Women living in Bandar Abbas city and having health records in comprehensive health centers
Being Iranian
Being married
Being the only spouse
Common platform
Have minimum literacy
Obtaining a score of less than 28 in the Rozen Women's Sexual Performance Index Questionnaire
Interested in participating in studying and doing homework;
Exclusion Pregnancy
Breastfeeding
Sterility
Psychiatric diagnosis of depression and anxiety
No history of chronic diseases
Addiction to alcohol or drugs in oneself or one's spouse according to the woman's statement
Simultaneous participation in sexual education or counseling sessions

Intervention groups

For group A, four 90-minute sessions with an interval of

one week in order to teach the (GESM), and for group B, 5 90-minute sessions based on the (PERMA) once a week in the house of the sampling center, will be held in person.

Main outcome variables

Change in the mean scores of sexual performance and quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221219056866N1**

Registration date: **2023-01-15, 1401/10/25**

Registration timing: **registered_while_recruiting**

Last update: **2023-01-15, 1401/10/25**

Update count: **0**

Registration date

2023-01-15, 1401/10/25

Registrant information

Name

Sheila Ghasemzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3212 3274

Email address

sh.ghasemzadeh@stu.ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-05, 1401/10/15

Expected recruitment end date

2023-05-10, 1402/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of Sexual Health counseling based on Good Enough Sexual Model (GESM) versus PERMA (Positive Emotion, Engagement, Positive Relationships, Meaning, Accomplishment) on Sexual Function and Quality of Sexual Life in women

Public title

Comparison of Sexual Health counseling based on Good Enough Sexual Model (GESM) versus PERMA (Positive Emotion, Engagement, Positive Relationships, Meaning, Accomplishment) on Sexual Function and Quality of Sexual Life in women

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Women of reproductive age (15-49 years) Women living in Bandar Abbas city and having health records in comprehensive health centers Being Iranian Being married Being the only spouse Having a common platform Having at least reading and writing literacy Obtaining a score of less than 28 in the Rozen Women's Sexual Performance Index Questionnaire Interested in participating in studying and doing homework

Exclusion criteria:

Pregnancy Breastfeeding Sterility Psychiatric diagnosis of depression and anxiety Lack of medical history for chronic diseases Addiction to alcohol or drugs in oneself or one's spouse according to the woman's statement Simultaneous participation in educational sessions or sexual counseling

AgeFrom **15 years** old to **49 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **82****Randomization (investigator's opinion)**

Randomized

Randomization description

Sampling in this research will be done by simple random allocation method. so that the second author (student) gave each woman a number from 1 to 82 based on the entry and exit criteria, and using random allocation software, the women were divided into two groups based on the randomization method (A: sexual experience

model) Good enough and B: Perma model or positivism approach) are divided. At the beginning of the study, people are told that they have the same chance to be in each intervention group. So that except for the biostatistics researcher, no one (not the students, supervisors and advisors, nor the participants) knows in which group they will be allocated Each group is divided into three sub-blocks. So that 41 participants in each intervention group are invited to 3 sub-groups (two groups of 14 people and one group of 13 people) for face-to-face counseling.

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 Shahid Sadoughi University of Medical Sciences, Yazd

Street address

Bahonar Square; Yazd

City

Yazd

Province

Yazd

Postal code

8916189165

Approval date

2022-11-16, 1401/08/25

Ethics committee reference number

IR.SSU.REC.1401.067

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

Sexual dysfunction counseling

ICD-10 code

Z70

ICD-10 code description

Counseling related to sexual attitude, behavior and orientation

2**Description of health condition studied**

Counseling the quality of sexual life

ICD-10 code

Z70

ICD-10 code description

Counseling related to sexual attitude, behavior and orientation

Primary outcomes

1

Description

Changes in mean scores of sexual performance in women

Timepoint

In the baseline, completion of the intervention (week 4 in the good enough sexual experience model and week 5 in the positivism approach) and in the follow-up period (4 weeks after the completion of the intervention) in each group

Method of measurement

FSFI-female sexual function index (Rosen et al.)

Secondary outcomes

1

Description

Change in the mean scores of women's sexual life quality

Timepoint

In the baseline, completion of the intervention (week 4 in the good enough sexual experience model and week 5 in the positivism approach) and in the follow-up period (4 weeks after the completion of the intervention) in each group

Method of measurement

SQOL-F Sexual Life Quality Questionnaire (Simonds et al.)

Intervention groups

1

Description

Intervention group: The intervention in the group of good enough sexual experience model is done face-to-face and in a group at Bandar Abbas Comprehensive Health Center for 4 sessions of 90 minutes, once a week by the second researcher under the supervision of the first and third researchers. The content of the sessions includes explaining the importance of sex as a vital element of life, the importance of the quality of sex and sexual satisfaction in the sexual development of couples, setting realistic expectations for sex, emphasizing physical health and healthy habits to restore sexual health. Behavioral education and counseling, paying attention to getting sexual pleasure as much as achieving proper sexual performance, counseling to have unusual sexual experiences, put aside idealistic ideas about sex, setting goals in Sex, getting to know the styles of sexual arousal, getting to know gender differences and accepting similarities and differences,

strengthening communication skills, training the sexual desire cycle and counseling for personalizing sexual desire. At the beginning of each session, a summary of the contents of the previous sessions will be reviewed and the assigned tasks related to the previous session will be reviewed by the researcher. Women are asked to participate in discussions and raise their questions. At the end of each session, a summary of the important topics discussed is presented and people's questions are answered, and women are asked to do their homework in the next sessions.

Category

Behavior

2

Description

Intervention group: The intervention in the positivism approach group is conducted face-to-face and as a group in the hall of Bandar Abbas Comprehensive Health Center for 5 sessions of 90 minutes, once a week by the second researcher under the supervision of the first and third researchers. The content of the sessions includes positive emotions, engagement, positive relationship, meaning and achievement. At the beginning of each session, a summary of the contents of the previous sessions will be reviewed and the assigned tasks related to the previous session will be reviewed by the researcher. Women are asked to participate in discussions and raise their questions. At the end of each session, a summary of the important topics discussed is presented and people's questions are answered, and women are asked to do their homework in the next sessions.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Bandar Abbas Comprehensive Health Center

Full name of responsible person

Mahshid Bokaie

Street address

Shahid Chamran Blvd

City

Bandar Abbas

Province

Hormozgan

Postal code

1388579166

Phone

+98 76 3333 3280

Email

mah_bokaie@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Alireza Moradi

Street address

Central Organization of Shahid Sadoughi University of Medical Sciences, Yazd, Dr. Bahnar Square, Yazd

City

Yazd

Province

Yazd

Postal code

8916978477

Phone

+98 35 3726 3733

Fax

+98 35 3726 3732

Email

alirezampr@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd 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

Yazd University of Medical Sciences

Full name of responsible person

Mahshid Bokaie

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Bouali ave

City

Yazd

Province

Yazd

Postal code

8916877443

Phone

+98 35 3824 1751

Email

mah_bokaie@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Mahshid Bokaie

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Bouali ave

City

Yazd

Province

Yazd

Postal code

8916877443

Phone

+98 35 3824 1751

Email

mah_bokaie@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Mahshid Bokaie

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Bou Ali ave

City

Yazd

Province

Yazd

Postal code

8916877443

Phone

+98 35 3824 1751

Email

mah_bokaie@yahoo.com

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	after de-identification.
Statistical Analysis Plan	When the data will become available and for how long
Not applicable	After results publication.
Informed Consent Form	To whom data/document is available
Yes - There is a plan to make this available	The data will be available to researchers working in academic and scientific institutions, and people working in industry can apply to receive them.
Clinical Study Report	Under which criteria data/document could be used
Not applicable	Scientific usage.
Analytic Code	From where data/document is obtainable
Undecided - It is not yet known if there will be a plan to make this available	mah_bokaie@yahoo.com
Data Dictionary	What processes are involved for a request to access data/document
Not applicable	One week after receiving the applicant's email.
Title and more details about the data/document	Comments
All individual data of study participants can be shared	