Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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)

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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
Age
From **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 allocatedEach 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 healthBehavioral education and counseling, paying attention to getting sexual pleasure as much as achieving proper sexual performance, counseling to overcome sexual fears and worries, training 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

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Hormozgan

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1388579166

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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

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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
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

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Person responsible for scientific inquiries

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Position
Associate Professor

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Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Mahshid Bokaie

Position
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Latest degree
Ph.D.

Other areas of specialty/work
Reproductive Health

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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

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

All individual data of study participants can be shared after de-identification.

When the data will become available and for how long

After results publication.

To whom data/document is available

The data will be available to researchers working in academic and scientific institutions, and people working in industry can apply to receive them.

Under which criteria data/document could be used

Scientific usage.

From where data/document is obtainable

mah_bokaie@yahoo.com

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

One week after receiving the applicant's email.

Comments