

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Investigating the effect of pulmonary rehabilitation on sexual satisfaction and sexual self-efficacy of patients with chronic obstructive pulmonary disease

Protocol summary

Study aim

Investigating the effect of pulmonary rehabilitation on sexual satisfaction and sexual self-efficacy of patients with chronic obstructive pulmonary disease

Design

This is a randomized clinical trial with a parallel design, non-blinded, and a control group. The research population will include all chronic obstructive pulmonary disease patients referred to Dasht Azadegan Clinic in Isfahan. A total of 40 eligible people will be selected conveniently. A simple random method is used for randomization and the participants are assigned to two intervention and control groups.

Settings and conduct

This study, which will be conducted in Dasht Azadegan Clinic in Isfahan City, is not blinded. Both groups will first complete sexual satisfaction and sexual self-efficacy questionnaires. After implementing the protocol for the intervention group, the questionnaires will be provided to both groups again.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Informed consent; A definitive diagnosis of COPD by a doctor; A physically and sexually healthy wife Exclusion criteria: History of suffering from sexual problems and diseases; Smoking history; History of heart disease

Intervention groups

The intervention group will undergo pulmonary rehabilitation training for 8 weeks (one hour per session). The control group will not receive any intervention.

Main outcome variables

Sexual satisfaction, sexual self-efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130812014333N205**

Registration date: **2023-07-19, 1402/04/28**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-19, 1402/04/28**

Update count: **0**

Registration date

2023-07-19, 1402/04/28

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

fforoughi@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-15, 1402/04/24

Expected recruitment end date

2023-08-20, 1402/05/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of pulmonary rehabilitation on

sexual satisfaction and sexual self-efficacy of patients with chronic obstructive pulmonary disease

Public title

Investigating the effect of pulmonary rehabilitation on sexual satisfaction and sexual self-efficacy of patients with chronic obstructive pulmonary disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Informed consent A definitive diagnosis of COPD by a doctor A physically and sexually healthy wife

Exclusion criteria:

History of suffering from sexual problems and diseases
Smoking history History of heart disease

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done in a simple random method, after identifying eligible patients, they will be randomly assigned a three-digit dedicated code. The last digit on the right determines the patient group. If this number is 0, 1, 2, 3, 4, it will be assigned in the intervention group, and if this number is 5, 6, 7, 8, 9, it will be assigned in the control group

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 Islamic Azad University

Street address

Vice Chancellor for Research Affairs, University Blvd.,
Arghwanieh, J Sharghi Street

City

Isfahan

Province

Isfahan

Postal code

8155139998

Approval date

2022-06-25, 1401/04/04

Ethics committee reference number

IR.IAU.KHUISF.REC.1402.131

Health conditions studied

1

Description of health condition studied

Chronic Obstructive Pulmonary Disease

ICD-10 code

J44.9

ICD-10 code description

Chronic obstructive pulmonary disease, unspecified

Primary outcomes

1

Description

Sexual satisfaction

Timepoint

The beginning of the study and the end of the study (one month later)

Method of measurement

Sexual satisfaction questionnaire

2

Description

sexual self-efficacy

Timepoint

The beginning of the study and the end of the study (one month later)

Method of measurement

Sexual self-efficacy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will undergo pulmonary rehabilitation training for 8 weeks (one hour per session).

Category

Behavior

2

Description

The control group will not receive any intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dasht Azadegan Clinic

Full name of responsible person

Mahdi Jalali

Street address

Azadegan Dental Clinic, 12th Alley, Freiburg Str,
Mordavij Streeteet,

City

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Province

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mahdi.jalali@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University, Khorasgan branch

Full name of responsible person

Dr. Majid Meshkini

Street address

Faculty of Nursing and Midwifery, University Blvd.,
Arghwanieh, J Sharghi Street

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meshkini@miums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University, Khorasgan branch

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

Islamic Azad University, Khorasgan branch

Full name of responsible person

Mahdi Jalali

Position

Islamic Azad University, Khorasgan branch

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Nursing master's student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Full name of responsible person

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available