Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 May 2026

Effect of sexual counseling based on the good enough sex (GES) model on the sexual health and reproductive behavior of couples in two groups with and without the presence of the husband (male partner).

Protocol summary

Study aim

Effect of sexual counseling based on the good enough sex (GES) model on the sexual health and reproductive behavior of couples in two groups with and without the presence of the husband (male partner).

Design

Randomized Controlled Trial with parallel groups

Settings and conduct

Sampling is done through the names in the Sib system(NIH). 100 couples are included in the study from the couples who meet the entry criteria. They are randomly divided into two intervention groups A and B. Both groups receive the same educational content virtually.

Participants/Inclusion and exclusion criteria

Entry criteria: being married, the length of marriage maximum 1-5 years (not counting the years of marriage), the presence of the spouse at least two weeks a month, the ability to use smart devices, being in the reproductive age of 18-49 years, the willingness of the spouse to participate in the meetings. Exclusion criteria: women being pregnant and breastfeeding, having sexual interventions or counseling in the last 6 months, taking drugs affecting sexual activity, suffering from sexual disorders and chronic diseases affecting sexual issues in the person or his wife, serious emotional problems with his wife, drug addiction Participants and the presence of emotional crisis in life.

Intervention groups

Sexual counseling based on the GES model to investigate its effectiveness on the sexual health of couples as primary outcomes, the desire to have children and the reduction of problematic sexual behaviors (following the improvement of sexual health) as secondary outcomes.

Main outcome variables

sexual satisfaction, sexual function, sexual communication, sexual Distress, number of sexual intercourse

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120609009975N11**
Registration date: **2023-12-26, 1402/10/05**
Registration timing: **prospective**

Last update: **2023-12-26, 1402/10/05**
Update count: **0**

Registration date

2023-12-26, 1402/10/05

Registrant information

Name

Farnaz Farnam

Name of organization / entity

Tehran University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-21, 1402/11/01

Expected recruitment end date

2024-03-20, 1403/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of sexual counseling based on the good enough sex (GES) model on the sexual health and reproductive behavior of couples in two groups with and without the presence of the husband (male partner).

Public title

Effect of sexual counseling based on the good enough sex (GES) model on the sexual health and reproductive behavior of couples in two groups with and without the presence of the husband (male partner).

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being married Duration of marriage 1-5 years Presence of the spouse at least two weeks a month The ability to work with smart devices Age 18-49 years The husband's willingness to engage in intervention sessions.

Exclusion criteria:

Women being pregnant and breastfeeding at the time of entering the study and receiving consultations Having sexual interventions or counseling in the last 6 months Taking drugs that affect sexual activity Suffering from sexual disorders and chronic disease affecting sexual issues (according to self-report) Having serious emotional problems with your spouse Addiction in the participants (according to self-report) Existence of emotional crisis in life

Age

From **18 years** old to **49 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

Initially, a list of couples who are in the initial 1-5 years of their marriage is prepared through the names in the Sib system. The samples of this study consist of all healthy couples who are in the initial 1-5 years of their marriage. The required number of samples in this study is 100 couples, with 50 couples in intervention group A and 50 couples in intervention group B. From this list, 100 couples are selected in a systematic manner and contacted via telephone. Those who meet the entry criteria and express a willingness to participate in the study will be enrolled. After completing the questionnaires on demographic information, sexual satisfaction, sexual function, sexual communication, problematic pornography, and the value of having a child, these couples are divided into two intervention and control groups using a computerized random block method (blocks of 4).

Blinding (investigator's opinion)

Single blinded

Blinding description

The data will be analyzed by an individual outside the research team therefore in this study the data analyst will be blinded.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee In Research, School of Nursing And Midwifery, Tehran University of Medical Sciences

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School of Nursing Midwifery, Tehran University of Medical Sciences Nosrat st. Tohid sq. Tehran I.IRAN

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Approval date

2023-12-19, 1402/09/28

Ethics committee reference number

IR.TUMS.FNM.REC.1402.182

Health conditions studied

1

Description of health condition studied

sexual Health

ICD-10 code

ICD-10 code description

2

Description of health condition studied

Reproductive behavior

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Score of Sexual Satisfaction in the Sexual Satisfaction

Questionnaire (GMSEX)

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention..

Method of measurement

The Global Measure of Sexual Satisfaction (GMSEX)

2

Description

Sexual Performance Score in the Arizona Sexual Experience Scale (ASEX-6)

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Arizona Sexual Experience Scale (ASEX-6)

3

Description

Sexual Communication Score in the Dyadic sexual communication scale

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Dyadic sexual communication scale

4

Description

Sexual Distress Score in the Female Sexual Distress Scale (FSDS) scale

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Female Sexual Distress Scale (FSDS) scale

5

Description

Number of sexual intercourse

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

In the last 3 months, how many intercourse (vaginal, oral or anal) have you had?”

Secondary outcomes

1

Description

Sources of sexual information

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Question "What sources do you use to get sexual information and improve marital relations"?

2

Description

Use of explicit sexual content

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Question: "Do you use sexually explicit content or not"?

3

Description

Extramarital Sexual Relationship Question

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Ṡingle question “During the last 12 months, have you had sex with a person (or persons) other than your wife/husband (or the partner that you are in relation)? (Yes/no/ I do not want to answer)”.

4

Description

Compulsion and sexual obsession

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

Question "Do you feel compulsion or obsession for sexual relations or using sexually explicit content or not"?

5

Description

Score of childbearing intention in the childbearing intention Questionnaire.

Timepoint

At the beginning of the study (before intervention) and 3 months after the intervention.

Method of measurement

childbearing intention Questionnaire.

Intervention groups

1

Description

Intervention group A: Women will individually participate in 4 weekly online sessions, each lasting 90 minutes, to receive sexual education and counseling based on the GES model. The educational content includes: a review of the anatomy and physiology of the male and female reproductive systems, addressing misconceptions about sexuality, defining sexual satisfaction and its influencing factors, exploring dimensions of healthy sexual communication, understanding sexual self-awareness, sexual self-disclosure, recognizing sexual differences between genders, understanding the sexual response cycle, identifying optimal conditions for healthy sexual interactions, discussing sexual deviations, designing

sexual relationships based on each couple's circumstances and desires, methods for introducing variety into sexual relationships, defining sexual fantasies, understanding sexual desire, defining hypoactive sexual desire disorder and sexual arousal disorders, discussing factors influencing sexual desire, and elucidating the physical, psychological, socio-educational, and interpersonal factors that impact sexual desire.

Category

Behavior

2

Description

Intervention group B: Women will be educated according to the GES model in 2 individual sessions and in 2 sessions with their husbands. Each session will have a duration of 90 minutes. The sessions will be conducted online, with one session per week. The content of the first and second sessions encompasses a review of the anatomy and physiology of the male and female reproductive systems, addressing misconceptions about sexuality, defining sexual satisfaction and its influencing factors, exploring dimensions of healthy sexual communication and sexual self-awareness, sexual self-disclosure, understanding sexual differences between genders, the sexual response cycle, identifying optimal conditions for healthy sexual interactions, and discussing sexual deviations. The third and fourth sessions will focus on designing sexual relationships tailored to each couple's circumstances and desires, methods for introducing variety into sexual relationships, defining sexual fantasies, understanding sexual desire, defining hypoactive sexual desire disorder and sexual arousal disorders, discussing factors influencing sexual desire, elaborating on physical and psychological factors affecting sexual desire, and describing socio-educational and interpersonal factors influencing sexual desire.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Farman Farmayan Health Center

Full name of responsible person

Mrs. Qaragozi

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2

Recruitment center

Name of recruitment center

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Full name of responsible person

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3

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Name of recruitment center

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Recruitment center

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Sponsors / Funding sources

1

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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
Tehran 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
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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
Due to the sensitivity of the subject of the study, the publication of the data file of the participants even without names is not considered at this time. If the journal requests to store data in the data bank, this will be done.
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
The study protocol article will be sent to the journal after receiving the IRCT code.
When the data will become available and for how long
Access will start after the article is printed.
To whom data/document is available
Scientific researchers and health care center staff
Under which criteria data/document could be used
Observance of article citation rules
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What processes are involved for a request to access data/document
Email to the main authors of the article
Comments