Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Compareing effectiveness of Transteoritical Model with Traditional Education in sexual self-efficacy primiparous women attending to Akbar-abadi medical center

Protocol summary

Summary

Objective: to determine the effectiveness of Trans Theoretical Model with Traditional Education in sexual self-efficacy primi parous women. Design: This study is a randomized controlled trial. Inclusion criteria: Nulliparous women with permanent or temporary marriage. After 6 hours of their birth, lack of physical and mental well-known disease, was formally signed a written form for study participation, literate. exclusion criteria: No consent or withdrew from the study at any time, any complications such as bleeding after childbirth, early or late, any condition that interferes with the participation of mothers in the intervention, such as jaundice, neonatal hospitalization for any reason problems ,breastfeeding problems: breast lesions, mastitis. Select couples for a temporary separation, marital discord or separation, chronic & acute illnesses. The sample size was 200. Group based training ttm, initially set for different levels of learning readiness. The training program tailored to each stage (pre-contemplation, contemplation, preparation & action) was performed. Traditional training group trained as a group. The train takes 20 minutes. Participation studied the training manuals. To compare the effectiveness of training based TTM to Traditional training, sexual self-efficacy scores before and after intervention in both groups was measured by questionnaires Bails. After collecting the questionnaire data analysis was obtained.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107086976N1**
Registration date: **2011-07-25, 1390/05/03**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2011-07-25, 1390/05/03

Registrant information

Name
Effat Merghati Khoei
Name of organization / entity
Tehran University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 912 559 9856
Email address
effat_mer@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences, School of Nursing & Midwifery

Expected recruitment start date

2011-03-09, 1389/12/18

Expected recruitment end date

2011-07-09, 1390/04/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compareing effectiveness of Transteoritical Model with Traditional Education in sexual self-efficacy primiparous women attending to Akbar-abadi medical center

Public title

Sexuality education in Postpartum

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Nulliparous women with permanent or temporary marriage; having a healthy pregnancy and uncomplicated vaginal delivery, after 6 hours of their birth; lack of physical and mental well-known disease; formally signing consent form for study participation and being literate. Exclusion criteria: No consent or withdrew from the study at any time; any complications such as bleeding after childbirth, early or late; any condition that interferes with the participation of mothers in the intervention, such as jaundice, neonatal hospitalization for any reason; breastfeeding problems: breast lesions, mastitis; couples with temporary separation, marital discord or separation and sever chronic or acute illnesses.

Age

From **15 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Ethics Committee

Street address

Keshavarz BlV, Ghods St. Central TUMS Office,Tehran/Iran

City

Tehran

Postal code

Iran

Approval date

2011-02-24, 1389/12/05

Ethics committee reference number

1494/130/89/د

Health conditions studied

1

Description of health condition studied

Sexual self efficacy

ICD-10 code

Z70.8

ICD-10 code description

Other sex counseling

Primary outcomes

1

Description

Sexual self efficacy

Timepoint

Eight weeks after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Trans theoretical Model / originally scheduled postpartum sexual health education interventions (IPSHEP) different levels of learning readiness of women after childbirth, is determined. Therefore, the learning level of maternal education programs tailored to each stage was performed. The training program tailored to each stage (pre-contemplation, contemplation, preparation & action) was performed. Participants studied the training manuals.

Category

Other

2

Description

Trans theoretical Model / originally scheduled postpartum sexual health education interventions (IPSHEP) different levels of learning readiness of women after childbirth, is determined. Therefore, the learning level of maternal education programs tailored to each stage was performed. The training program tailored to each stage (pre-contemplation, contemplation, preparation & action) was performed. Participants studied the training manuals.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Akbar-Abadi medical center

Full name of responsible person
Dr.kashanian

Street address
Mohammadieh square,Akbar-abadi medical center,Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences, School of Nursing Midwifery

Full name of responsible person
Dr.Cheraghi

Street address
Tehran, Tohid Square, Tehran University School of Nursing Midwifery

City
Tehran

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, School of Nursing Midwifery

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.Merghati Khoii

Position
PhD, Assistant Professor

Other areas of specialty/work

Street address
Tohid Sq. Nosrat St. Faculty of Nursing & Midwifery .Tehran

City
Tehran

Postal code

Phone
+98 21 6692 7171

Fax

Email
Effat_mer@tums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Dr Merghati Khoii

Position
PhD, Assistant Professor

Other areas of specialty/work

Street address
No 52, Alvand St. Arjantin Sq, P.O Box: 15875-4199; Tehran/IRAN

City
Tehran

Postal code

Phone
+98 912 559 9856

Fax

Email
Effat_mer@tums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Sarikhani

Position
MSc student of midwifery

Other areas of specialty/work

Street address
Tehran

City
Tehran

Postal code

Phone

Fax

Email
Rahil.sarikhani@yahoo.com

Web page address

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