Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Oct 2026

The effect of counseling with the good enoughsex model (GES) on sexual function and sexual intimacy of pregnant women

Protocol summary

Study aim
Determining the effect of counseling with the Good Enough Sex Model (GES) on sexual function and sexual intimacy in pregnant women

Design
This intervention is a randomized controlled clinical trial with parallel groups. The sample (60 study participants) will be randomized using block randomization (30 in the control group and 30 in the intervention group).

Settings and conduct
Eligible women referring to the Dezful city health center will enter the study after the intervention is explained to them.

Participants/Inclusion and exclusion criteria
Informed consent, literacy, low-risk pregnancy, presence of spouse

Intervention groups
For the intervention group, 4 weekly GES model-based sexual counseling sessions will be held at the health center. During the clinical trial, the control group will benefit from routine pregnancy care, and no intervention will be performed by the research team. However, after the trial, the educational content will be provided to them.

Main outcome variables
Sexual function, sexual intimacy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170607034381N10**
Registration date: **2025-05-24, 1404/03/03**
Registration timing: **registered_while_recruiting**

Last update: **2025-05-24, 1404/03/03**
Update count: **0**

Registration date
2025-05-24, 1404/03/03

Registrant information

Name
Ferdos Pelarak

Name of organization / entity
Dezful Azad University

Country
Iran (Islamic Republic of)

Phone
+98 916 941 7091

Email address
pelarak.f@dums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-05-20, 1404/02/30

Expected recruitment end date
2025-08-21, 1404/05/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of counseling with the good enoughsex model (GES) on sexual function and sexual intimacy of pregnant women

Public title
The impact of counseling on the performance and intimacy of pregnant women.

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

First pregnancy Informed consent Low-risk pregnancy Presence of spouse Literacy

Exclusion criteria:

Age

From **20 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

After determining the sequences, individuals will be selected using a simple random method and assigned to two groups using block randomization with a block size of 4. The procedure is as follows: the group assignments, based on the generated sequence, will be placed in sealed envelopes, and the envelopes will be numbered. For each individual, according to their order of entry into the study, the corresponding numbered envelope will be opened, and they will be assigned to one of the groups without the participant being aware.

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

Research Ethics Committee of Shahroud University of Medical Sciences

Street address

Hafte Tir Square

City

Shahroud

Province

Semnan

Postal code

۳۶۱۴۷۷۳۹۴۳

Approval date

2025-04-13, 1404/01/24

Ethics committee reference number

IR.SHMU.REC.1404.005

Health conditions studied

1

Description of health condition studied

Sexual dysfunction

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction not due to a substance or known physiological condition

2

Description of health condition studied

Sexual intimacy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sexual Function

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Rosen Sexual Function Questionnaire

Secondary outcomes

1

Description

Sexual Intimacy

Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

Method of measurement

Botlani Sexual Intimacy Questionnaire

Intervention groups

1

Description

Intervention group: Implementing the first three dimensions of the GES model and explaining the importance of sexual activity; teaching the definition of sexual satisfaction and function, and the factors affecting it; describing the four stages of the sexual response cycle; explaining the impact of pregnancy on sexual function and its mechanism; correcting misconceptions and superstitions about sexual intercourse and creating an optimistic attitude; reviewing previous learning and summarizing the previous session; and implementing dimensions four, five, and six of the GES model; teaching healthy nutrition and performing Kegel exercises; teaching mindfulness skills and concentration exercises,

and a three-minute breathing exercise; providing a timed table for noting the individual's thoughts and mindset during pleasant sexual experiences, unpleasant experiences, aversion, pain, and muscle contractions in the body; teaching how to enjoy each other; implementing the seventh, eighth, and ninth dimensions of the GES model; considering the problems and concerns noted by clients during the previous weeks; counseling for physical adaptation to anatomical changes; helping to maintain verbal and emotional connection with the spouse and emphasizing the importance of foreplay and lovemaking between couples; describing and examining the pattern of sexual changes and potential physical problems during pregnancy and focusing on the fivefold goal in orgasm; identifying five principles for sexual intercourse; accepting multiple intentions from both parties; avoiding unilateral and inflexible goals and clarifying the sexual agenda; describing different coital positions and styles of sexual stimulation; combining styles and creating variety in the relationship. Implementing the tenth, eleventh, and twelfth dimensions of the GES model; counseling and education about the physical and psychological differences between men and women in each stage of the sexual cycle; teaching communication skills; teaching skills for creating and maintaining intimacy.

Category

Behavior

2

Description

Control group: Routine pregnancy care

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center No. 3

Full name of responsible person

Fatemeh Mohtadi

Street address

Saberin Avenue

City

Dezful

Province

Khouzestan

Postal code

۶۴۶۱۶۶۵۱۴۵

Phone

+98 61 4223 1072

Email

Fatememohtadi713@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Hosein Ebrahimi

Street address

Hafte Tir Square

City

Shahroud

Province

Semnan

Postal code

۳۶۱۴۷۷۳۹۴۳

Phone

+98 23 3239 5054

Email

ebrahimi@shmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Fatemeh Mohtadi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Hafte Tir Square

City

Shahroud

Province

Semnan

Postal code

36147-73943

Phone

+98 23 3239 5054

Email

Fatememohtadi713@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Fatemeh Mohtadi

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Hafte Tir Square

City
Shahroud

Province
Semnan

Postal code
36147-73943

Phone
+98 23 3239 5054

Email
fmohtadii21@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Fatemeh Mohtadi

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Hafte Tir Square

City
Shahroud

Province
Semnan

Postal code
36147-73943

Phone
+98 23 3239 5054

Email
Fatememohtadi713@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

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
All data is potentially shareable after unidentifiable individuals

When the data will become available and for how long
12 months after the results are published

To whom data/document is available
Researchers working in scientific and academic institutions

Under which criteria data/document could be used
En According to the terms and conditions of Shahroud Medical Sciences University, the data can be used

From where data/document is obtainable
Fateme Mohtadi fatememohtadi713@gmail.com

What processes are involved for a request to access data/document
Written request and consent of the Executor of the project and colleagues

Comments