Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

Protocol summary

Summary

The current study aims to determine the effect of teaching the "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women who have referred to the Shahid Beheshti Medical University health centers. This research is quasi-experimental, in such a way that a list of the health centers relevant to the Shahid Beheshti Medical University is provided first. Three health centers will be randomly selected then; in these three centers, the samples (50 menopausal and 50 non-menopausal women) will be selected continuously based on the entry criteria to join the research. The population under study must be healthy Iranians free from any chronic illnesses, having had a natural menopause, and living within the first ten years of menopause; besides, the non-menopausal women mustn't be during their pregnancy or breastfeeding. teaching this pattern and help an increase in intimacy and the sexual satisfaction of women. After obtaining written consent sexual intimacy and sexual satisfaction will be measured and then for each group separately three 60-minute sessions spaced 10 days on the base of " good enough sex model" is organized, again, two weeks after the last session sexual intimacy and sexual satisfaction will be checked. The primary outcome in this study is sexual intimacy and sexual satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016072120854N4**
Registration date: **2017-03-12, 1395/12/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-03-12, 1395/12/22

Registrant information

Name
Hedyeh Riazi
Name of organization / entity
Shahid Beheshti University of Medical Science
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Privately funded.

Expected recruitment start date

2016-12-05, 1395/09/15

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

Public title

Study of the effect of "good-enough sex model" on sexual intimacy and sexual satisfaction in menopausal and non-menopausal women.

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Being Iranian; Willing to participate in the study and be available during the next month; Living with their spouse during the study; Have a minimum education (reading and writing); Neither wife nor husband mustn't have experienced any serious tension during the study; Having a natural menopause; Being in the first ten years of their menopause; Not being in the period of pregnancy or breastfeeding. Exclusion criteria Women who may get pregnant during the study; Women who do not have desire to continue their cooperation with the researcher; Women who would be unable to participate in all the three education sessions.

Age
From **20 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
This study is designed to assess the sexual intimacy and sexual satisfaction before and after education in the study population.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahid Beheshti University of Medical Sciences

Street address
Vali Asr Avenue, cross of Niyayesh, in front of Shahid Rajai Hospital, Nursing and Midwifery school

City
Tehran

Postal code
1985717443

Approval date
2016-01-19, 1394/10/29

Ethics committee reference number
IR.SBMU.PHNM.1394.264

Health conditions studied

1

Description of health condition studied
sex counselling

ICD-10 code
Z70.1

ICD-10 code description
Counselling related to sexual attitude, behaviour and orientation

Primary outcomes

1

Description
Sexual intimacy

Timepoint
Before intervention and 2 weeks after the end of intervention

Method of measurement
Questionnaire of sexual intimacy

2

Description
Sexual satisfaction

Timepoint
Before intervention and 2 weeks after the end of intervention

Method of measurement
Questionnaire of sexual satisfaction

Secondary outcomes

empty

Intervention groups

1

Description
Intervention is on the base of education. Education is based on "good enough sex model" for menopausal and non-menopausal women in three sessions. This strategy is separately applied for each group of them. Classes will be held with10 days interval as well as each session is 1 hour.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Health centers relevant to the Shahid Beheshti University of Medical sciences

Full name of responsible person
Neda shokri

Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mahrokh Dolatian
Street address
Valieasr av. cross Niyayesh
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Beheshti University of Medical Sciences
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
School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences
Full name of responsible person
Neda Shokri
Position
Ms student of midwifery
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact
Name of organization / entity
School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences
Full name of responsible person
Hedyeh Riazi
Position
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Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Neda Shokri
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Other areas of specialty/work
Street address
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Phone
00
Fax
Email
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