Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Protocol summary

Study aim
The Effect of Emotional Intelligence on Sexual Satisfaction in Menopausal Women

Design
Clinical trial with two groups of intervention and control with parallel and, randomized groups, using the random numbers table

Settings and conduct
40 Women referring to the Arak Retirement Center who are eligible to enter the study after obtaining informed consent and score less than 75 in the Larson Sexual Satisfaction Questionnaire and less than 95 in Bar-On Emotional Intelligences are divided into two groups, intervention and control (20 people in each group) with random method and random numbers table. The intervention group received 8 sessions of 90 minutes of emotional intelligence once a week and this is not administered in the intervention group. Each group completed Larson Sexual Satisfaction Inventory and Bar-On Emotional Intelligence Questionnaire one month after the intervention.

Participants/Inclusion and exclusion criteria
Entry requirements: menopausal women, passing at least one year of menopause, speaking in Persian and Iranian nationality, education level higher than diploma, having low sexual satisfaction in Larson Sexual Satisfaction Questionnaire, and low emotional intelligence in the Bar-On Emotional Intelligence Questionnaire. Conditions of non-entry: addiction, occurrence of stressful events in the last 6 months, use of drugs affecting sexual activity, suffering from underlying diseases

Intervention groups
Holding 8 sessions of 90 minutes of group counseling with an emotional intelligence approach in the intervention group and there is no intervention in the control group

Main outcome variables
Increasing the emotional intelligence of menopausal women, increasing the sexual satisfaction of menopausal women

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20170616034564N3**
Registration date: **2018-07-03, 1397/04/12**
Registration timing: **registered_while_recruiting**

Last update: **2018-07-03, 1397/04/12**
Update count: **0**

Registration date
2018-07-03, 1397/04/12

Registrant information

Name
nahid ansari

Name of organization / entity
arak univercity of medical sciences

Country
Iran (Islamic Republic of)

Phone
+98 46483029

Email address
n.ansari@arakmu.ac.ir

Recruitment status
Recruitment complete

Funding source
Vice Chancellor for research of Arak University of Medical Sciences

Expected recruitment start date
2018-06-22, 1397/04/01

Expected recruitment end date
2018-08-21, 1397/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Public title

The Effect of Group Counseling Based on Emotional Intelligence on the Sexual Satisfaction in Menopausal Women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Ability to speak Persian and Iranian nationality Education level higher than diploma Passing at least one year of menopause Normal menopause

Exclusion criteria:

Drug addiction The occurrence of stressful events in the last 6 months such as: severe illness, Death of a child or first degree relatives, accident, house theft, bankruptcy, job loss, severe marital conflicts with one's own statements Taking effective medicine for sexual performance such as: Anti-epileptic drug, Narcotic drugs, Anti-cellulitis drugs, Anti-histamines, Lipid lowering agents, Progesterone Suffering from underlying diseases such as: Thyroid, Cancer, Diabetes, Hypertension, Pulmonary heart disease, Trauma, Genital surgery, Infectious disease, Depression, Central nervous system damages

Age

From **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

After obtaining a moral authorization and coordination with the relevant organizations from among postmenopausal women who come to Arak retirement center, qualified people who are willing to participate in the study, will be select and informed consent will obtain and the goals of the study will be explained and it will be assured that the information will remain confidential. Then, they will be given personal profile, Emotional Intelligence and Larson Sexual Satisfaction Questionnaires. It will be explain to people that they may be in one of two groups of control or intervention, and the selection of the group will not be with the researcher or sample. At the end of each day, the questionnaires are examined and when 40 eligible people with an emotional intelligence score of less than 90 and a Larson sexual satisfaction score of less than 75 were obtained, sampling was stopped and entered simple, random method by using random numbers tables in one of the 20-persons intervention or control groups. In this way, the even numbers will be assigned to the intervention and odd numbers will be assigned to 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 Arak University of Medical Sciences

Street address

Aalam al-Hoda Ave, Shahid Shiroudi Ave, Arak

City

Arak

Province

Markazi

Postal code

3819693345

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR. ARAKMU. REC. 1396. 3136

Health conditions studied

1

Description of health condition studied

Sexual Satisfaction

ICD-10 code

n95.8

ICD-10 code description

Other specified menopausal and perimenopausal disorders

Primary outcomes

1

Description

Sexual Satisfaction

Timepoint

Before the intervention and one month after the intervention

Method of measurement
Larson Sexual Satisfaction Questionnaire

Secondary outcomes

1

Description
Emotional Intelligence
Timepoint
Before the intervention and one month after the intervention
Method of measurement
Bar-on Emotional Intelligence Questionnaire

Intervention groups

1

Description
The intervention group: intervention receives emotional intelligence for 8 sessions for 90 minutes once a week
Category
Behavior

2

Description
Control group: no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Retirement Center of Arak
Full name of responsible person
Nahid Ansari
Street address
Shahid Najimi Ave, Dr Shariati Ave, Arak
City
Arak
Province
Markazi
Postal code
3819693345
Phone
+98 86 3402 1481
Email
n.ansari@arakmu.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Mr Doctor Mohammad Rafiee
Street address
Vice chancellor for Research and Technology, Sardasht, Arak
City
Arak
Province
Markazi
Postal code
3848176941
Phone
+98 86 3417 3638
Email
Rsearch@arakmu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak 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
Arak University of Medical Sciences
Full name of responsible person
Nahid Ansari
Position
MSn student in consultation midwifery
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
Street address
Aalam al-Hoda Ave, Shahid Shiroudi Ave, Arak
City
Arak
Province
Markazi
Postal code
3819693345
Phone
+98 633136055
Fax
Email
n.ansari@arakmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Arak University of Medical Sciences

Full name of responsible person
Katayon Vakiliyan

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

Street address
Aalam al Hoda Ave, Shahid Shiroodi Ave, Arak

City
Arak

Province
Markazi

Postal code
3819693345

Phone
+98 86 3417 3502

Fax

Email
n.ansari@arakmu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Arak University of Medical Sciences

Full name of responsible person
Nahid Ansari

Position
MSn student in consultation midwifery

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Aalam al-Hoda Ave, Shahid Shiroodi Ave, Arak

City
Arak

Province
Markazi

Postal code
3819693345

Phone
+98 86 3313 6055

Fax

Email
n.ansari@arakmu.ac.ir

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available