# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The impact of group training on sexual assertiveness and sexual satisfaction in women with marital disillusionment

## Protocol summary

**Study aim**
The effect of group training of sexual Assertiveness skills with cognitive-behavioral approach on sexual Assertiveness and sexual satisfaction in women with marital disillusionment is determined.

**Design**
Random counseling intervention is controlled by pre-test-post-test and follow-up and three-way blind.

**Settings and conduct**
Sampling is done in health centers of Qom and is randomized in blocks. Sexual assertiveness skills training is provided for them.

**Participants/Inclusion and exclusion criteria**
Iranian married 18 to 40 years, giving informed written consent, no menopause, pregnancy and lactation up to 6 months after delivery, no infertility in the woman, one year of permanent marriage, living with a spouse, being the only spouse of the husband, having at least one relationship Sex with a spouse in the past 4 weeks, no serious conflicts with the spouse, having a diploma or higher, age range, having a score of 56 or higher on the Nihois and Bartel Marital Frustration Test, a score of 50 or lower on the Halbert Worst Index, no The use of psychedelics, anti-anxiety and anti-stress drugs and drugs that interfere with sexual function, the absence of the use of drugs and surgeries on sexual function, the absence of alcohol and drugs in the couple, is not. Disorder of consciousness, no history of hospitalization in the psychiatric ward, no incurable disease such as cancer, not attending counseling courses similar to the current intervention, no tragic accident in the previous 6 months (death).

**Intervention groups**
Sexual Assertiveness skills with a cognitive-behavioral approach based on Aaron Beck's theoretical framework and Ratus assertiveness program in groups of 8-10 people are taught by the researcher in the form of 8 sessions 90-minute per week. A mock intervention is also performed for the control group by the researcher.

**Main outcome variables**
Sexual assertiveness - sexual satisfaction

## General information

**Reason for update**
**Acronym**
**IRCT registration information**
IRCT registration number: **IRCT20220302054162N1**
Registration date: **2022-03-31, 1401/01/11**
Registration timing: **registered_while_recruiting**

Last update: **2022-03-31, 1401/01/11**
Update count: **0**

**Registration date**
2022-03-31, 1401/01/11

**Registrant information**
**Name**
Faezeh Saffari Mofrad
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Iran (Islamic Republic of)
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**Recruitment status**
**Recruitment complete**
**Funding source**

**Expected recruitment start date**
2022-02-09, 1400/11/20
**Expected recruitment end date**
2022-04-09, 1401/01/20
**Actual recruitment start date**
empty
**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The impact of group training on sexual assertiveness and sexual satisfaction in women with marital disillusionment

**Public title**
The impact of group training on sexual assertiveness and sexual satisfaction

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Iranian nationality, giving informed written consent No menopause, no pregnancy and lactation up to 6 months after delivery, no infertility in women Marriage, at least one year of permanent marriage, absence from the spouse for any reason during the intervention and follow-up period (living with the spouse), the person is the only spouse of the husband, having at least one sexual intercourse with the spouse for the past 4 weeks , No serious conflicts with the spouse, not on the verge of divorce Having a diploma or higher A score of 56 or higher on the Nihois & Bartell Marital Disillusionment Scale (MDS), a score of 50 or lower on Hulbert Index of Sexual Assertiveness (HISA) No use of psychedelic, anti-anxiety and anti-depressant drugs and drugs that interfere with sexual function, no disease and surgeries affecting sexual function, no alcohol and substance abuse in the couple, no consciousness disorder, no history Hospitalization in the psychiatric ward, not having incurable diseases such as cancer Failure to participate in counseling courses with the same content as the present intervention, no occurrence of an unfortunate accident in the previous 6 months (dear death). Age range 18-40 years

**Exclusion criteria:**
Pregnancy during research getting a divorce and the occurrence of severe marital conflicts developing incurable diseases during the study not participating in two intervention sessions.

**Age**
From **18 years** old to **40 years** old

**Gender**
Female

**Phase**
N/A

**Groups that have been masked**

- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

**Sample size**
Target sample size: **80**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
Randomization will be block type. 20 blocks with a volume of 4 are used. In each block, two allocations for the control group and two allocations for the intervention group are considered. Random sequencing will be generated by web-based randomization using the site (https://www.sealedenvelope.com). The generated sequence will also be centrally hidden so that the list of random assignment sequences is provided to someone outside the research team. As soon as a person is eligible to participate in the study, the researcher or sampler will contact the person who has the random assignment sequence and he or she will code the participants to enter the study according to the sequence list.

**Blinding (investigator's opinion)**
Double blinded

**Blinding description**
The study is a three-blind study because the participants are unaware of the type of intervention because the control group also has a fake intervention. The questionnaires will be completed in the post-test and follow-up phase by questioners who do not know how the participants are placed in the intervention and control groups, and the statistical expert who will analyze the data will also know the codes of the participants in the intervention and control groups. Does not know.

**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**
Shahid Shiroodi St., Alam al-Huda St.

**City**
Arak

**Province**
Markazi

**Postal code**
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**Approval date**
2022-01-02, 1400/10/12

**Ethics committee reference number**
IR.ARAKMU.REC.1400.285

## Health conditions studied

### 1

**Description of health condition studied**
Women's marital disillusionment

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Sexual assertiveness (theoretical definition): A branch of sexual communication and a social skill that includes displaying assertive behavior in sexual situations and includes various components such as the ability to initiate desirable sexual activity and express their sexual needs, refusal to Unwanted sexual contact and discussion of the use of contraceptive methods to prevent unwanted pregnancies and sexually transmitted diseases.(Practical definition): The score that a subject receives from the Halbert Sexual Assertiveness Index. A score of 50 or less indicates low audacity.

**Timepoint**
Before the intervention, end of the eighth session and three months after the intervention.

**Method of measurement**
the Halbert Sexual Assertiveness Index.

## Secondary outcomes

### 1

**Description**
Sexual Satisfaction: (theoretical definition): An emotional response resulting from the evaluation of a person's sexuality and includes meeting the sexual needs of the person, fulfilling the expectations of the person and his sexual partner and a positive evaluation of the person throughout the sexual relationship. (Practical definition): is the score that the subject receives from the Women's Sexual Satisfaction Scale (SSS-W). A higher score means higher sexual satisfaction.

**Timepoint**
Before the intervention (beginning of the first intervention session), end of the eighth session and three months after the intervention

**Method of measurement**
Women's Sexual Satisfaction Scale (SSS-W)

## Intervention groups

### 1

**Description**
Intervention group: Sexual Assertiveness skills with a cognitive-behavioral approach based on Aaron Beck theoretical framework and Ratus assertiveness program are taught in groups of 8-10 people by the researcher (student). The training is in the form of 8 90-minute weekly sessions that will be held on even days in health centers.

**Category**
Lifestyle

### 2

**Description**
Control group: Common diseases of women will be taught weekly in eight 90-minute sessions per day in health centers.

**Category**
Behavior

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Fatemi Health Center

**Full name of responsible person**
Faezeh Saffari Mofrad

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## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**
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Dr. Alireza Kamali

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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**
Arak University of Medical Sciences

**Proportion provided by this source**
60

**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
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## Person responsible for updating data

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## 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