Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Protocol summary

Summary

This clinical trial, non-blind, randomized, two-center, 80 patients randomly assigned to two experimental and control groups of 40 people each, complete demographic and Female Sexual Function Index before intervention and experimental group for 24 sessions over 8 weeks and every 45 to 60 minutes, three days a week as a day and control group routine activities - The exercise in the first four weeks: 1. brisk walking and running (warm-up) 10 minutes 2. The exercise movements 15 Minutes 3. Stretching 10 minutes 4. 10-minute cool-down Exercise in the last four weeks: 1. 15 minutes of brisk walking and jogging 2. The exercise movements 20 Minutes 3. Stretching 15 minutes. 4. 10-minute cool-down After the exercises, both groups were given a month to break their routine activities and follow up on a completing this form will be women's sexual functioning.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015060122325N2**
Registration date: **2015-06-23, 1394/04/02**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-06-23, 1394/04/02

Registrant information

Name
Firoozeh Tadayon Nejad
Name of organization / entity
Abadan Arvand University Of Medical Sciences
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+98 613331031
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tadayon.f@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz University Of Medical Sciences

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-09-23, 1394/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Public title

Effect of aerobic exercise on sexual dysfunction in reproductive ages women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: between the ages of 45-18 years; married, at least two years of their common past; life wife; Sexual Function Index score is less than or equal to 26.5; The minimum read and write، Exclusion criteria: postmenopausal women; history of chronic medical illnesses and cardiovascular; The history of infertility; The history of hysterectomy; pregnancy or breast-feeding during the study; Drug Addiction; The drugs affect sexual function; mental health problems diagnosed in each couple and individual mobility problems; surgery in the last six months; professional

athletes (those who exercise programs for more than 30 minutes a day, 5 to 7 days a week); If a person is missing several sessions are excluded.

Age
From **49 years** old to **76 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Arvand International University of Medical Sciences

Street address
In front of the International Airport Terminal

City
Abadan

Postal code
00981579461357

Approval date
2015-03-14, 1393/12/23

Ethics committee reference number
ajums.REC.1393.434

Health conditions studied

1

Description of health condition studied
female sexual dysfunction

ICD-10 code
Z50.8

ICD-10 code description
care involving use of other rehabilitation procedures

Primary outcomes

1

Description
female sexual function

Timepoint
Before the intervention, one month after the intervention

Method of measurement
Female Sexual Function Index questionnaire based on the score

Secondary outcomes

empty

Intervention groups

1

Description
control group: intervention is not done

Category
Treatment - Other

2

Description
experimental group for 24 sessions over 8 weeks and every 45 to 60 minutes, three days a week as a day of routine exercises The exercise in the first four weeks: 1. brisk walking and running (warm-up) 10 minutes 2. The exercise movements 15 Minutes 3. Stretching 10 minutes 4. 10-minute cool-down Exercise in the last four weeks: 1. 15 minutes of brisk walking and jogging 2. The exercise movements 20 Minutes 3. Stretching 15 minutes. 4. 10-minute cool-down

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Health center, No. 8 West Ahvaz

Full name of responsible person
Firoozeh Tadayon Nejad, Graduate student Midwifery

Street address
Lashkar circle, Enghelab square

City
Ahvaz

2

Recruitment center

Name of recruitment center
Medical Clinic, 1 West Ahvaz

Full name of responsible person
Firoozeh Tadayon Nejad, Graduate student Midwifery

Street address
South Sheikh Baha Street, Department of Social Welfare

City

Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Nader Saki
Street address
Golestan Highway
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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
Ahvaz University of Medical Sciences
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Person responsible for scientific inquiries

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Person responsible for updating data

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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