Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of Sexual Enrichment Counseling on Sexual Satisfaction of perimenopausal Women: A Randomized Controlled Trial

Protocol summary

Study aim
Effectiveness of Sexual Enrichment Counseling on Women's Sexual Satisfaction During Perimenopause: A Randomised Controlled Trial

Design
A parallel clinical trial study with control and intervention groups.

Settings and conduct
The population of the study is 43-51 years old women referring to Shahreza health centers. Since all groups of people have the chance to enter the study, the centers, bases and bases of north, center and south of the city are randomly assigned to multiple centers or The base is selected. Randomly selected from each area in a ratio (1 center).The intervention group received 6 sessions of sexual enrichment counseling and each session lasted for 90 minutes.No blinding done.

Participants/Inclusion and exclusion criteria
Women aged 43 to 51 years, no underlying disease affecting sex, no drug use, no mental health problems, low primary literacy, no alcohol and drug abuse by any couple, having brief symptoms (On the basis of the mrs questionnaire, mean score above), being married

Intervention groups
The intervention group received 6 sessions of sexual enrichment counseling and each session lasted for 90 minutes and the control group received no counseling.

Main outcome variables
The Effectiveness of Sexual Enrichment Counseling on Female Sexual Transition During Menopause. Determination of mean score of sexual satisfaction in menopausal women before intervention in control and intervention groups Determination of mean score of sexual satisfaction in menopausal women after intervention (2 and 4 weeks after intervention) in control and intervention groups Comparison of mean sexual satisfaction between menopausal women before and after intervention in control and intervention groups

General information

Reason for update
The trial has been completed and the editor of the BMJ has asked me to update this site for publication in the journal

Acronym

IRCT registration information
IRCT registration number: **IRCT20191127045523N1**
Registration date: **2019-12-19, 1398/09/28**
Registration timing: **prospective**

Last update: **2026-10-20, 1405/07/28**
Update count: **1**

Registration date
2019-12-19, 1398/09/28

Registrant information

Name
Shahla Jamali

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 31 5322 8768

Email address
shahla.jmll@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-12-01, 1398/09/10

Expected recruitment end date
2020-04-25, 1399/02/06

Actual recruitment start date
2019-12-28, 1398/10/07

Actual recruitment end date
2020-06-26, 1399/04/06

Trial completion date

2020-06-26, 1399/04/06

Scientific title
Effectiveness of Sexual Enrichment Counseling on Sexual Satisfaction of perimenopausal Women: A Randomized Controlled Trial

Public title
Effectiveness of Sexual Enrichment Counseling on Sexual Satisfaction

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Women ages 43 to 51 years Minimum literacy Having brief symptoms of menopause Being married

Exclusion criteria:
Having underlying disease affecting sex Having mental and psychological problems Alcohol and drug use by each couple taking medication

Age
From **43 years** old to **51 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **66**
Actual sample size reached: **66**

Randomization (investigator's opinion)
Randomized

Randomization description
A parallel clinical trial study.Samples were randomly divided into four blocks. Random Units: Stratified. Randomization Tool: Sealed Envelope.

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
Shahroud University of Medical Sciences

Street address
Haft Tir Square,Shahroud University of Medical Sciences

City
Shahroud

Province
Semnan

Postal code
5615786346

Approval date
2019-11-22, 1398/09/01

Ethics committee reference number
IR.SHMU.REC.1398.101

Health conditions studied

1

Description of health condition studied
Sexual satisfaction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Menopausal Symptoms Score on MRS Scale

Timepoint
Measurement of sexual satisfaction before the start of the study and 2 and 4 weeks after the end of the sessions

Method of measurement
Larson Sexual Satisfaction Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Hold six sessions of sexual enrichment counseling and each session for 90 minutes

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
مرکز بهداشتی 17 شهریور,گلها,علی بن موسی

Full name of responsible person
Shahla Jamali

Street address
Shahid Yazdani

City
Shahreza

Province
Isfehan

Postal code

8888888888

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+98 31 5322 8768

Email
shahla.jmll@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahroud University of Medical Sciences

Full name of responsible person
Mohammad Hasan Emamian

Street address
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Semnan

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emamian@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
گیتی آتش سخن

Position
PhD Student of Reproductive Health

Latest degree
Ph.D.

Other areas of specialty/work
Reproductive Health

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7 Tir Square,Shahroud University of Medical Sciences

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
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Position
Assistant Professor of Reproductive Health

Latest degree
Ph.D.

Other areas of specialty/work
Reproductive Health

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Giti Atashsokhan

Position
Assistant Professor of Reproductive Health

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

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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
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
All potential data is shared after unidentifiable people
When the data will become available and for how long
The access period begins after the article is published
To whom data/document is available
The data will be available to researchers
Under which criteria data/document could be used
Non-personally identifiable data or other documentation can be obtained by emailing the corresponding author
From where data/document is obtainable
Dr Giti Atashsokhan,Shahroud University of Medical Sciences Atashsokhan@shmu.ac.ir
What processes are involved for a request to access data/document
Request to the corresponding author via email
Comments