

# The efficiency of group sex-therapy skills education on sexual function and marital satisfaction in couples

<b>Submission date</b> 15/07/2019	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/07/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 11/09/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Having sex plays a very important role in the success and sustainability of the family center. Understanding sexual function can lead to sexual satisfaction and ultimately to marital satisfaction that plays an important role in the reconciliation of spouses.

The aim of this study was to evaluate the effectiveness of group sex therapy training on sexual function and marital satisfaction of couples.

### Who can participate?

All couples visiting Mashhad-based consultation clinics in 2019 and diagnosed with marital dissatisfaction and sexual function disorders by psychologists and psychiatrists at the clinics

### What does the study involve?

The experimental group receives 10 group sex-skills education sessions and the control group receives no education.

### What are the possible benefits and risks of participating?

The benefits are that participants will receive therapy for sexual problems.

There is no risk to the participants.

### Where is the study run from?

Bahar Consulting Center, Masshad, Iran

### When is the study starting and how long is it expected to run for?

March 2019 to May 2019

### Who is funding the study?

Investigator initiated and funded

Who is the main contact?  
Mohammad Tahan  
t.mohammad2@gmail.com

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mr Mohammad Tahan

**ORCID ID**  
<https://orcid.org/0000-0003-2175-4584>

**Contact details**  
Islamic Azad University  
Young Researchers and Elite Club  
Birjand Branch  
Birjand  
Iran  
-  
+989363049935  
t.mohammad2@gmail.com

## Additional identifiers

## Study information

**Scientific Title**  
The efficiency of group sex-therapy skills education on sexual function and marital satisfaction in couples

**Study objectives**  
Are sex-therapy skills educations effective in sexual function and marital satisfaction?

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Approved 15/04/2019, Institute Mobtakran Regional Research Ethics Committee (Abadan, Iran; +989159616152; info@mobtakeranshargh.ir), ref: IMP2354

**Study design**  
Semi-experimental study pretest-posttest method with a control group

**Primary study design**  
Interventional

## **Study type(s)**

Quality of life

## **Health condition(s) or problem(s) studied**

Marital dissatisfaction and sexual function disorder

## **Interventions**

After securing a permission from the director of Mashhad-based consultation clinics and creating an effective relationship with the couples, 40 couples (men and women) were selected among all the couples diagnosed with marital dissatisfaction and sexual function disorder (diagnosed by the resident psychologist or psychiatrist). Participation was voluntarily and the participants filled an informed letter of consent. Afterwards, the participants were grouped randomly into control and experiment groups and all filled out the questionnaires (EMSQ and SFQ) (pretest). Then, the experiment group received 10 group sex-skills education sessions and the control group received no education. Afterwards, the participants filled out the questionnaires once more (posttest). A summary of the content of educational sessions is listed below:

1. Introduction and briefing
2. Discussing common beliefs about sexual matters and cultural/religious attitudes
3. Anatomy and physiology of sexual behavior based on Dord Pattern in man and woman
4. Introducing interests, preferences, and sexual differences in men and woman and accepting the evident and semi-evident differences
5. Relaxation, fantasizing and regular desensitization
6. Emotional concentration 1
7. Emotional concentration 2 and giving feedback to each other
8. Kegel practices
9. Masturbation practices, introduction to the benefits of sexual relationship for physical and mental health
10. Introduction to sexual function disorders and the causes

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Marital satisfaction measured using the ENRICH Marital Satisfaction Questionnaire (EMSQ) at baseline and end of therapy.

## **Key secondary outcome(s)**

Sexual function measured using the Sexual Function Questionnaire (SFQ) at baseline and end of therapy.

## **Completion date**

25/05/2019

## **Eligibility**

### **Key inclusion criteria**

1. Desire to participate
2. Reading/writing literacy
3. No psychological disorder

4. No physical disease

5. Diagnosed with marital dissatisfaction and sexual function disorder according to psychologists or psychiatrists at the clinics

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

All

**Sex**

All

**Total final enrolment**

80

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

20/04/2019

**Date of final enrolment**

20/05/2019

**Locations**

**Countries of recruitment**

Iran

**Study participating centre**

**Bahar Consulting Center**

City of Mashhad

Khorasan Province

Mashhad

Iran

12345

**Sponsor information**

**Organisation**

Mobtakeran Scientific

# Funder(s)

## Funder type

Other

## Funder Name

Investigator initiated and funded

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request

## IPD sharing plan summary

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	30/07/2020	11/09/2020	Yes	No