



**Tehran University of Medical Sciences  
School of Nursing and Midwifery**

**The Effects of Sexual Skills Training on the Promotion of Sexual Health  
among Afghan Immigrant women in Tehran**

**By  
Kameleh Mohammadi**

**Supervisor  
Dr. Raziye Maasoumi**

**Advisors  
Dr. Rasoul Sadeghi, Dr. Hamid Haghani**

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## **Abstract**

**Background and Aim:** One of the most important strategies for improving women's sexual health is sexual skills training. The present study aimed to determine the effects of sexual skills training on the promotion of sexual health among Afghan immigrant women in Tehran.

**Methodology:** This was a semi-experimental study conducted on two intervention and control groups. Convenience sampling was conducted during December 2016 to January 2017. Intervention was designed as five-weekly sessions. Data was collected by sexual knowledge and attitude questionnaire (SKAS), female sexual function index (FSFI), sexual quality of life-female (SQOL-F), and Enriching and Nurturing Relationship Issues, Communication, and Happiness (ENRICH) questionnaires before and eight weeks after intervention. Data were analyzed by SPSS software version 21 using paired t-test, independent t-test, and Chi-square and Fisher statistical tests.

**Results:** The mean age of participants in the intervention and control groups was  $29.31 \pm 5.88$  years and  $30.09 \pm 8.43$  years, respectively. The results of independent t-test and chi-square test showed that, the two groups did not have a significant difference in terms of demographic variables ( $P > 0.05$ ). The results of paired t-test showed a significant difference between the sexual knowledge and attitude ( $P = 0.007$ ), sexual function ( $P < 0.001$ ), quality of sexual life, and marital satisfaction ( $P < 0.05$ ) before and after in the intervention group. In the control group there was not statistically significant difference except the subscales of satisfaction in sexual function, and the marital satisfaction and communication in marital satisfaction ( $P > 0.05$ ). The results of independent t-test after the intervention showed a statistically significant difference in the sexual knowledge and attitude ( $P = 0.001$ ), sexual function including vaginal lubrication ( $P = 0.001$ ), pain ( $P = 0.001$ ), orgasm ( $P = 0.001$ ), and satisfaction ( $P = 0.001$ ), including sexual-emotional feelings ( $P = 0.001$ ), sexual self-worthlessness ( $P = 0.009$ ) and sexual-marital satisfaction ( $P = 0.01$ ) in the quality of sexual life including communication ( $P = 0.02$ ) and ideal distortion ( $P = 0.02$ ) in the marital satisfaction

**Conclusion:** The results indicated that the effectiveness of sexual skills training in Afghan immigrant women. Therefore, the design, implementation, and evaluation of these interventions to promote sexual health are recommended in immigrants as well as women living in Afghanistan.

**Keywords:** Sexual Function, Quality of Sexual Life, Sexual Skills Training, Immigration, Afghanistan