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Poster Presentations

P-20

Comparison the scores of couples' sexual knowledge and attitude before and after sexual education

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Background: Sexual health education is an essential human need. This education enriches their sexual knowledge and information, and help them to understand their responsibilities, commitments and rights in order to be able to achieve an enjoyable life.

Objective: The purpose of this study was to assess the effect of educational package on couples' sexual knowledge and attitude.

Materials and Methods: An interventional study was performed on a sample of 160 couples referred to premarital counseling center in Kashan City, Iran. Couples were divided randomly into the intervention and control groups (n = 80/each couples). Intervention group received an educational program in ten sessions on weekends for three consecutive weeks and control group received routine program. Sexual knowledge

and attitude scale was completed before, after intervention, and in 6 months follow up. The data were analyzed by independent Student's *t* test, Mann Whitney U, Kruska-wallis, Chi-square, and ANOVA in SPSS V16.

Results: Results showed no significant differences in demographic characteristics and sexual knowledge and attitudes between two groups before intervention. The results demonstrated that after intervention and six months follow up, the scores of sexual knowledge increased significantly in the intervention group compared to control group. Mean score of sexual knowledge in intervention and control groups after intervention was 21.72 ± 7.73 and 14.08 ± 7.16 ($p < 0.001$) and after six months follow up was 21.89 ± 7.01 and 15.52 ± 7.73 ($p < 0.001$), respectively. In addition, the results demonstrated after intervention and six months follow up scores of sexual attitudes increased significantly in the intervention group compared to controls. Mean score of sexual attitudes in intervention and control groups after intervention was 134.90 ± 12.84 and 122.62 ± 14.15 ($p = 0.001$) and after six months follow-up was 134.22 ± 13.43 and 124.78 ± 13.48 ($p = 0.001$), respectively.

Conclusion: Sexual educational programs can be effective on couple's sexual knowledge and attitude.

Key words: Couples, Sexual health, Educational program, Marriage, Attitude.