



Promotion of sexual self-efficacy of women during pregnancy with PLISSIT Model

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Introduction: One of the factors affecting women's sexual function during pregnancy is their sexual self-efficacy. The purpose of this study was to determine the effect of education based on PLISSIT Model on sexual self efficacy and function in woman during pregnancy

Methods: This clinical trial study was performed on 80 pregnant nulliparous women. who were referred to one of Tehran hospitals in 2017. The sampling was done randomly. The intervention group, participated in two sessions of PLISSIT Model. Sexual function and self-efficacy of pregnant women were evaluated before and 8 weeks after the intervention. Data analysis was done using SPSS software.

Results: Mean age of the intervention group was 25/71 (3/57) and 25.75(3.6) in the control group. The two groups had no difference in their sexual function (intervention group 22/72 (9.04) and control group 21/23(8/65) before the intervention, but after intervention, the intervention group 27/78(3/95) was more than the control group 19/08(8/56). Also, after intervention, sexual self-efficacy increased in the intervention group compared to the control group and had a significant difference of $p = 0.000$.

Conclusion: It seems necessary to increase the awareness and self-efficacy of pregnant women by conducting educational classes considering the relationship between increased sexual self-efficacy and sexual function enhancement in pregnant during pregnancy.

Keywords: self-efficacy, sexual function, pregnancy