

Table 1) Descriptive statistics (mean and standard deviation) of the main variable and its sub-components

Main variable	Sub-components	Group	Pre-test		Post-test		Follow-up	
			Mean	SD	Mean	SD	Mean	SD
Sexual function	...	Experimental	16.99	5.49	27.46	3.50	27.83	3.22
		Control	17.29	5.96	16.68	5.09	15.53	5.07
	Sexual desire	Experimental	2.96	0.86	4.44	0.78	4.48	0.71
		Control	2.80	1.28	2.68	1.15	2.44	1.00
	Sexual arousal	Experimental	2.58	1.10	4.46	0.74	4.54	0.65
		Control	2.74	1.23	2.52	1.07	2.26	0.89
	Vaginal moisture	Experimental	2.84	1.22	4.56	0.80	4.68	0.81
		Control	3.16	1.17	3.16	0.88	2.86	1.03
	Orgasm	Experimental	2.61	1.08	4.67	0.74	4.64	0.74
		Control	2.85	1.10	2.85	0.84	2.67	0.99
	Sexual satisfaction	Experimental	2.80	0.96	4.80	0.69	4.80	0.76
		Control	2.59	0.84	2.40	0.76	2.27	0.69
	Pain	Experimental	13.20	1.17	4.53	0.52	4.69	0.58
		Control	3.15	1.25	3.07	1.17	3.04	1.14

Table 2) The results of repeated measurements of sexual function and its sub-components

Main variable	Source	Sum of squares	Degrees of freedom	Mean squares	F	Eta coefficient	Power of a test
Sexual function	Time	37079.98	1	37079.98	5559.49**	0.95	1
	Group × Time	1298.08	1	1298.08	19.59**	0.41	0.99
	Error	1855.69	28	66.27			
Sexual desire	Time	8.09	2	4.04	20.97**	0.43	1
	Group × Time	15.43	2	7.72	40.01**	0.59	1
	Error	10.80	56	0.19			
Sexual arousal	Time	12.45	64.1	7.61	37.01**	0.57	1
	Group × Time	26.20	64.1	46.01	77.90**	0.74	1
	Error	9.42	45.81	0.21			
Vaginal moisture	Time	13.41	1.63	8.22	37.66**	0.57	1
	Group × Time	19.29	1.63	11.83	52.90**	0.65	1
	Error	10.21	45.64	0.22			
Orgasm	Time	1029.55	1	1029.55	443.29**	0.94	1
	Group × Time	31.45	1	31.45	13.54**	0.33	0.94
	Error	65.03	28	2.32			
Sexual satisfaction	Time	15.32	2	7.66	74.85**	0.73	1
	Group × Time	25.45	2	12.73	124.35**	0.82	1
	Error	5.73	56	0.10			
Pain	Time	8.78	1.52	5.79	25.03**	0.47	1
	Group × Time	11.48	1.52	7.57	32.73**	0.54	1
	Error	9.82	42.44	0.23			

* and ** shows significance at a confidence level of 5% and 1%, respectively

Table 3) Bonferroni post hoc test results to measure the difference between pre-test, post-test, and follow-up

Main variable	Sub-components	Group	Pre-test-	Post-test	Pre-test-	Follow-up	Post-test-	Follow-up
			Mean difference	Standard error	Mean difference	Standard error	Mean difference	Standard error
Sexual function		Experimental	10.467**	0.708	10.84**	0.802	0.373 ^{ns}	0.308
		Control	-0.607 ^{ns}	0.285	-1.753**	0.326	-1.147**	0.245
	Sexual desire	Experimental	1.48**	0.202	1.52**	0.226	0.04 ^{ns}	0.149
		Control	-0.12 ^{ns}	0.12	-0.36 ^{ns}	0.128	-0.24 ^{ns}	0.12
	Sexual arousal	Experimental	1.88**	0.195	1.96**	0.23	0.08 ^{ns}	0.129
		Control	-0.22 ^{ns}	0.095	-0.48**	0.113	-0.26**	0.071
	Vaginal moisture	Experimental	1.72**	0.21	1.84**	0.241	0.12 ^{ns}	0.092
		Control	0.00 ^{ns}	0.117	-0.3 ^{ns}	0.189	-0.3 ^{ns}	0.113
	Orgasm	Experimental	2.053**	0.145	2.027**	0.189	-0.027 ^{ns}	0.114
		Control	0.00 ^{ns}	0.096	-0.187 ^{ns}	0.095	-0.187 ^{ns}	0.102
	Sexual satisfaction	Experimental	2**	0.175	2**	0.175	0.000 ^{ns}	0.135
		Control	-0.187**	0.066	-0.32**	0.07	-0.133 ^{ns}	0.064
	Pain	Experimental	1.333**	0.233	1.493**	0.254	0.16 ^{ns}	0.698
		Control	0.08 ^{ns}	0.043	0.107 ^{ns}	0.047	0.027 ^{ns}	1

ns: Not significant, * and ** shows significance at a confidence level of 5% and 1%, respectively