Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of education on postpartum lifestyle in primiparous mothers: a randomized controlled trial

Protocol summary

Summary

Objectives: The aim of this study is to determine the effect of education on postpartum lifestyle in primiparous mothers. Design: Two parallel arm Randomized Controlled Trial. Setting and conduct: This study will be conducted in postpartum wards of four hospitals in Tabriz (2 educational hospitals and 2 private hospitals that will be selected randomly). Eligible women will be randomly assigned into 2 groups of 110 subjects with block sizes of 4 and 6, stratified by hospital type. A person from research team not involved in the recruitment and assigning participants will generate allocation sequence using a computerized program. Opaque sealed sequentially numbered envelops will be used for allocation concealment. Participants: Hospitalized primiparous mothers in the postpartum ward. Intervention: The intervention group will receive education about postpartum lifestyle and control group will receive no intervention. On the day of discharge from the hospital, face to face education and an educational booklet about postpartum lifestyle will be provided to intervention group. Telephone counseling will be provided for at least 10 minutes at the end of second week of postpartum for intervention group. Every 5 days until 6 weeks, a message about health and nutrition will be sent to the mobile phone of mothers and their husbands appropriate to spent days of birth. Main outcome measures: Physical activity and food subgroups scores will be respectively assessed by IPAQ and FFQ questionnaires at the end of 6 weeks after birth, also the health-related behaviors will be evaluated at the end of 2 and 6 weeks after birth.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042110324N13**

Registration date: **2013-05-26, 1392/03/05**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-05-26, 1392/03/05

Registrant information

Name

Mojgan Mirghafourvand

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 6969

Email address

mirghafourvandm@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2013-06-10, 1392/03/20

Expected recruitment end date

2013-12-11, 1392/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education on postpartum lifestyle in primiparous mothers: a randomized controlled trial

Public title

Effect of education on postpartum lifestyle in primiparous mothers

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: delivered nulliparous women during the last 12 hours; Vaginal or cesarean delivery; Singleton birth; having a healthy and full-term newborn; Desire to breastfeed; Living in Tabriz and suburb; Having low-risk pregnancy; 18 years old and older; Being able to speaking and understanding the Persian language; Willingness to participate in the study; Willingness to come back to the hospital at the end of the 6-week postpartum for visiting and completing of questionnaires; Having a home phone; Having a mobile phone (both parturient woman and her husband). Exclusion Criteria: Diagnosed physical and mental illnesses in the mother; Following specific diet; History of hospitalization of the mother or baby in hospital during postpartum period; Change in location during the study; Divorce.

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **220**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tabriz University of Medical Sciences

Street address

Research department, third floor, central construction number 2, Tabriz University of Medical Sciences, Golgasht Street, Azadi Avenue, Tabriz, East Azerbaijan

City

Tabriz

Postal code

Approval date

2013-04-29, 1392/02/09

Ethics committee reference number

9218

Health conditions studied

1

Description of health condition studied

Postpartum lifestyle

ICD-10 code

Z39.0

ICD-10 code description

Postpartum care and examination

Primary outcomes

1

Description

Physical activity score

Timepoint

6 weeks after intervention

Method of measurement

International Physical Activity Questionnaire (IPAQ)

2

Description

Food subgroups score

Timepoint

6 weeks after intervention

Method of measurement

Food Frequency Questionnaire (FFQ)

3

Description

Health-related behaviors status

Timepoint

2 and 6 weeks after intervention

Method of measurement

Health-related behaviors questionnaire

Secondary outcomes

1

Description

Frequency of maternal health problems

Timepoint

2 and 6 weeks after intervention

Method of measurement

Maternal health problems checklist

2

Description

Knowledge score about nutrition and health

Timepoint

Before and 6 weeks after intervention

Method of measurement
Knowledge questionnaire about nutrition and health

3

Description
Health belief score
Timepoint
Before and 6 weeks after intervention
Method of measurement
Health belief questionnaire

Intervention groups

1

Description
Intervention group: Mothers in the intervention group will receive face to face counseling and education about postpartum lifestyle and booklet, also messages about health and nutrition will be sent to the mobile phone of mothers and their husbands.
Category
Lifestyle

2

Description
Control group: The control group will not receive the intervention.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Alzahra Hospital
Full name of responsible person
Farzane Khodabande
Street address
South Shariati Street, Nursing & Midwifery Faculty
City
Tabriz

2

Recruitment center
Name of recruitment center
Taleghani hospital
Full name of responsible person
Farzane Khodabande
Street address
South Shariati Street, Nursing & Midwifery Faculty.
City
Tabriz

3

Recruitment center
Name of recruitment center
Private hospital
Full name of responsible person
Farzane khodabande
Street address
South Shariati Street, Nursing & Midwifery Faculty
City
Tabriz

4

Recruitment center
Name of recruitment center
Private hospital 2
Full name of responsible person
Farzane Khodabande
Street address
South Shariati Street, Nursing & Midwifery Faculty
City
Tabriz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Tabriz University of Medical Sciences
Full name of responsible person
Shakouri Seyyed Kazem
Street address
Research department, third floor, central construction number 2, Tabriz medical science university, Golgasht Street, Azadi Avenue, Tabriz
City
Tabriz
Grant name
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Tabriz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity

Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences

Full name of responsible person

Farzane Khodabande

Position

MSc student in Midwifery

Other areas of specialty/work

Street address

South Shariati Street, Nursing & Midwifery Faculty

City

Tabriz

Postal code

66156-15733

Phone

+98 51 1822 7471

Fax

-

Email

khodabande_farzane@yahoo.com; kho_mehlion@yahoo.com; farzank1368@gmail.com

Web page address

http://nursing.tbzmed.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Mojgan Mirghafourvand

Position

PhD of reproductive health

Other areas of specialty/work

Street address

South Shariati Street, Nursing & Midwifery Faculty

City

Tabriz

Postal code

51745-347

Phone

+98 41 1479 6770

Fax

-

Email

Mirghafourvandm@tbzmed.ac.ir,mirg1385@yahoo.com

Web page address

http://nursing.tbzmed.ac.ir

Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty