

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jun 2026

### Comparison the effect of teaching attachment and relaxation techniques on anxiety level third trimester depression and post partum blues in nulliparous women referred to selected hospital supervised by Shiraz Medical University 1391.

#### Protocol summary

##### Summary

The goal of this study is to Compare the effect of teaching attachment and relaxation techniques on anxiety, third trimester depression and post partum blues in nulliparous women .In this study have participated 126 women with age between 18 - 35 that Spielberg score is 60 and lower that are randomly in three groups,teaching attachment techniques classes, relaxation classes and control .There are 14 women in every classes and each section will be held weekly up to 4 sections. Spielberg, Beck and Cranly test will fill twice ( beginning and end of study) in three groups.After the study done ,anxiety , attachment and depression will evaluate.In control groups Telephone follow-up will be done and after the study a teaching note will given to each women.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013062610418N2**  
Registration date: **2013-07-20, 1392/04/29**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-07-20, 1392/04/29

##### Registrant information

##### Name

Bahare Raffiee

##### Name of organization / entity

Shiraz University Of Medical Scince

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1230 6790

##### Email address

rafieib@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for Research, Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-03-31, 1392/01/11

##### Expected recruitment end date

2013-04-30, 1392/02/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison the effect of teaching attachment and relaxation techniques on anxiety level third trimester depression and post partum blues in nulliparous women referred to selected hospital supervised by Shiraz Medical University 1391.

##### Public title

Comparison the effect of teaching attachment and relaxation techniques on anxiety level third trimester depression and post partum blues

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion Criteria: 1.nulliparous women with age between

18-35 : Without any history of mental and anatomical diseases : Without any pregnancy complications : Any history of chronic diseases : At least Third literacy tips :Willingness to participate : Signing in hospital to receiving perinatal care : low to moderate anxiety according to Spielberg tes : Do not have any history of taking tobacco. Exclusion criteria ; Don't want to take part in study any more : Occur any pregnancy complications during study : Abnormal fetal heart pattern or decrease fetal movement that needs to interfere : Taking tobacco.

#### Age

From **18 years** old to **34 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **126**

#### Randomization (investigator's opinion)

N/A

#### 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 name 1 Ethics committee of Shiraz University Of Medical Sciences

###### Street address

Central department of Shiraz University Of Medical Sciences,Zand Street, Shiraz

###### City

Shiraz

###### Postal code

197871345

##### Approval date

2013-04-22, 1392/02/02

##### Ethics committee reference number

91-6160

### Health conditions studied

#### 1

##### Description of health condition studied

pregnancy and anxiety

##### ICD-10 code

f32

##### ICD-10 code description

suprvision of normal pregnancy,generalized anxiety disorder

### Primary outcomes

#### 1

##### Description

Anxiety

##### Timepoint

At the start of intervention- After intervention

##### Method of measurement

Spielberger questionnaire

#### 2

##### Description

3ed trimester depression

##### Timepoint

At the start of intervention- After parturation

##### Method of measurement

Beck questionnaire

#### 3

##### Description

Post partum bleus

##### Timepoint

At the start of intervention- After intervention

##### Method of measurement

Beck questionnaire

### Secondary outcomes

#### 1

##### Description

Decrease anxiety level

##### Timepoint

Befor and after intervention (2 times)

##### Method of measurement

Spielberger questionnaire

#### 2

##### Description

Decrease 3ed trimester depression level

##### Timepoint

Befor and after parturation (2 times)

##### Method of measurement

Beck questionnaire

#### 3

##### Description

Decrease post partum blues level

**Timepoint**

Befor and after intervention (2 times)

**Method of measurement**

Beck questionnaire

**Intervention groups****1****Description**

intervention in first group: teaching attachment techniques for a month ( 4 section weekly). first section: to get familiar to attachment meaning . second section: to get familiar with different kinds of attachment techniques. 3th section: to get familiar with mental and physical changes in pregnancy. 4th section: to get familiar with paternal role to be connected with fetus

**Category**

Behavior

**2****Description**

intervention in second group: relaxation classes in 4 sections for a month. every section lasts for 60 to 90 min. first section: general meaning of stress ,symptoms,ways to control and relaxation meaning. second section: to get familiar with a suitable place for relaxation.third section: muscle relaxation and positive visualization section 4: breathing techniques and review of complete relaxation

**Category**

Behavior

**3****Description**

control group: the summary of whole teaching topics in the form of note after the study will done.

**Category**

Behavior

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Hafez Hospital

**Full name of responsible person**

Marziye Akbar Zade

**Street address**

Hafez Hospital, Abiverdi Squer, Shiraz, Fars

**City**

Shiraz

**2****Recruitment center****Name of recruitment center**

Shooshtari Hospital

**Full name of responsible person**

Masume Kaviani

**Street address**

Shariaty Squer, Shiraz, Fars.

**City**

Shiraz

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for Research, Shiraz University of Medical Sciences

**Full name of responsible person**

DR. Gholam Reza Hatam

**Street address**

7th Flat, Central department of Shiraz University of Medical Sciences, Zand Street, Shiraz

**City**

Shiraz

**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, Shiraz 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**

Fatemeh College of Nursing And Midwifery,Shiraz University of Medical Sciences

**Full name of responsible person**

Marzieh Akbarzadeh

**Position**

Faculty Member, MSc in Midwifery

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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**Position**

Student, MSc in Midwifery

**Other areas of specialty/work**

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**Web page address**

## 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*