

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

Other areas of specialty/work**Street address**

Namazi Square, Shiraz

City

Shiraz

Postal code

00987116474258

Phone

+98 71 1647 4258

Fax**Email**

akbarzadehmarzieh@ yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Fatemeh (PBUH) College of Nursing and Midwifery
Shiraz University of Medical Sciences

Full name of responsible person

Marzieh Akbarzadeh

Position

Faculty Member, MSc in Midwifery

Other areas of specialty/work

Street address

Namazi square, Shiraz

City

Shiraz

Postal code

00987116474258

Phone

+98 71 1647 4258

Fax

Email

akbarzadehmarzieh@ yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Fatemeh (PBUH) College of Nursing and Midwifery,

Shiraz University of Medical Sciences

Full name of responsible person

Bahare Raffiee

Position

Student, MSc in Midwifery

Other areas of specialty/work

Street address

Namazi square, Shiraz

City

Shiraz

Postal code

Phone

+98 71 1230 6790

Fax

Email

rafiieb@sums.ac.ir

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