

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

The effect of health-promoting behaviors utilization counseling on mother's quality of life during Post-Partum Period

Protocol summary

Summary

The aim of this study is to determine the effect of health-promoting behaviors utilization counseling on mother's quality of life during Post-Partum Period. To perform this advisory from Pender Health Promotion Model was used. This study is a randomized clinical trial study that implement in the two experimental and control groups. Population of this study are mothers attending to health centers during the Post partum Period. Sampling is done through random permutation block. A sample of 58 patients in the intervention group and 58 patients in the control group will determined. Inclusion criteria are: nulliparous mothers, to participate in other training classes during pregnancy and after childbirth, natural childbirth. Exclusion criteria were: absence of more than one meeting in each parent counseling, Postpartum complications, such as infection or bleeding, fetal death during the first six weeks after birth. Intervention consists of three sessions of health-promoting behaviors counseling on days 5-3, 15-10 and 20- 17 after delivery by the investigator to be held. The control group only received routine care after delivery. Comparison will done between two groups on the Quality of life, health-promoting behaviors, self-efficacy, social support and perceived barriers in health-promoting behaviors. Outcome of this study may improve the quality of life of mothers in the Postpartum Period.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030510426N10**

Registration date: **2016-03-27, 1395/01/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-03-27, 1395/01/08

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chanslor of Research in Hamadan University of Medical Sciences

Expected recruitment start date

2015-12-06, 1394/09/15

Expected recruitment end date

2016-04-03, 1395/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health-promoting behaviors utilization counseling on mother's quality of life during Post-Partum Period

Public title

The effect of health-promoting behaviors counseling on quality of life during Post-Partum period in mothers' attending to health care centers in Hamadan city, 2016

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included nulliparous mothers, At least be able to read and write and be able to talk and understand the language of Farsi, newborns and has been weighing 2500 to 4000 g, not diagnosed physical and mental illness in mother or fetus ,not problems in pregnancy for both mother and baby, not participate in training class during pregnancy and after childbirth, normal vaginal delivery. Exclusion criteria: immigration, admission to the mother or baby in the hospital for more than 48 hours or hospitalize again after discharge, the absence of a meeting of the mother in each Sessions advice, the mother divorces, lack of breastfeeding baby, Postpartum complications, such as infection or bleeding and Infant mortality during six weeks after birth.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **116**

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 Hamadan University of Medical Sciences

Street address

Shahid Fahmideh Avenue, Hamadan University of Medical Sciences

City

Hamadan

Postal code

6517838698

Approval date

2015-10-31, 1394/08/09

Ethics committee reference number

IR.UMSHA.REC.1394.343

Health conditions studied

1

Description of health condition studied

Postpartum health Care

ICD-10 code

z39.2

ICD-10 code description

Routine postpartum follow-up

Primary outcomes

1

Description

Health promoting behaviors

Timepoint

3-5 days after birth and 42 days after childbirth

Method of measurement

Health promoting behaviors questionnaire

Secondary outcomes

1

Description

Quality of life

Timepoint

3-5 days after birth and 42 days after childbirth

Method of measurement

Mothers Quality of life questionnaire

2

Description

Self efficacy

Timepoint

3-5 days after birth and 42 days after childbirth

Method of measurement

Self efficacy questionnaire

3

Description

Social support

Timepoint

5-3 days after birth and 42 days after childbirth

Method of measurement

Social support questionnaire

4

Description

Perceived barriers

Timepoint

3-5 days after birth and 42 days after childbirth

Method of measurement

Perceived barriers questionnaire

Intervention groups

1

Description

The experimental group counseling sessions for health-promoting behaviors in small groups of 3-6 people for three one-hour sessions will be held at the health center. The first meeting in 3-5 day after childbirth and second session in 10-15 day after childbirth and the third meeting held in 17-20 day after delivery. After 4 weeks of the last session of counseling, quality of life, health-promoting behaviors, self-efficacy, social support, perceived barriers will be evaluated.

Category

Behavior

2

Description

In the control group received usual care after childbirth and questionnaires completed by them in 3-5 day and 42 day after birth.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Public Health Deputy of Hamadan University of Medical Sciences

Full name of responsible person

Nazli Alafchi

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Phalastin Square, Public Health Deputy of Hamadan University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chanslor of Research Hamdan University of Medical Sciences

Full name of responsible person

Dr. Saied Bashirian

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Shahid Fahmideh Street, Hamadan University of Medical Sciences

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chanslor of Research Hamdan 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

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Full name of responsible person

Dr. Parisa Parsa

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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