

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Investigation the effect of exercise on quality of life in postpartum women

Protocol summary

Summary

Objectives: This study aimed to determine the effect of exercise on quality of life for women after childbirth .
Design: This study is an international study in two groups (intervention and control groups) .
Participants :The study population will be 80 randomly selected women who had normal vaginal delivery and 3 to 5 days after delivery will refer to health care centers in Hamadan city for routine maternal and infant health cares.Using a tale of random numbers, random sampling will done .
First, from all health care centers in Hamadan city 4 health care centers will select randomly (2 health care centers for control group and 2 health care centers for intervention group). Then, from eligible women in each health care center 20 women will select randomly. With this way, Eighty postpartum women randomly will be selected in two control and intervention groups (40 in each group).
Setting and conduct: In the first postpartum care after delivery (3 to 5 days after delivery) using a structured questionnaire include quality of life condition, exercise behavior and demographic characteristics data of women in two groups will be completed.Questionnaires will be completed by interviews with both groups of the study .
Intervention: for intervention group, in addition to routine care in 3 to 5 days after delivery by a movie on postpartum exercises, women will be trained and encouraged to exercise extend educational booklets and CDs. Women will be recommended to do postpartum exercise up to 6 weeks twice a day for 10 to 15 minutes each day at home. This exercise should be performed at least 5 days a week. **Control:** during this period, the control group received only routine care. Main outcome measures are exercise and quality of life. Comparison of two groups will done in 3 to 5 days after delivery (postpartum care I), 10 to 14 days after delivery (postpartum care II) and 45 to 60 days after delivery (postpartum care III) in terms of exercise behavior and quality of life .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016072310426N13**
Registration date: **2016-09-02, 1395/06/12**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-02, 1395/06/12

Registrant information

Name

Parisa Parsa

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1822 4396

Email address

parsa@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Hamadan University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of exercise on quality of life in postpartum women

Public title

The effect of exercise on quality of life in postpartum women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Iranian citizenship; literacy; 1st to 3 rd Gravidity ; Delivery of term and healthy newborn; living with spouse; Age between 18 to 35 years; Having singleton birth ; Normal vaginal delivery ; No symptoms with exercise limitation; lack of dystocia or problem in labor . Exclusion criteria: Taking painkiller drugs; Having stress or family problems; Immigration of mother ; lack of exercise ; Hospital admission for newborn .

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **80**

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 Street, Counterpoint of Mardom Park , Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Postal code

65178

Approval date

2016-06-11, 1395/03/22

Ethics committee reference number

IR.UMSHA.REC.1395.151

Health conditions studied**1****Description of health condition studied**

Quality of life in postpartum

ICD-10 code

Z39

ICD-10 code description

Postpartum care and examination

Primary outcomes**1****Description**

Quality of life status in postpartum

Timepoint

3 to 5 days after delivery (Postpartum care I) , 10 to 14 days after delivery (postpartum care II) and 45 to 60 days after delivery (postpartum care III)

Method of measurement

SF-36 (The Short Form -36) Quality of Life Questionnaire

Secondary outcomes**1****Description**

Exercise status in postpartum

Timepoint

3 to 5 days after delivery (Postpartum care I) , 10 to 14 days after delivery (postpartum care II) and 45 to 60 days after delivery (postpartum care III)

Method of measurement

Behavioural Regulation in Exercise Questionnaire (BREQ)

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

Intervention group: After filling the consent form, in addition to routine care in 3 to 5 days after delivery by a movie on postpartum exercises, women will be trained and encouraged to exercise extend educational booklets and CDs. Women will be recommended to do postpartum exercise up to 6 weeks twice a day for 10 to 15 minutes each day at home. This exercise should be performed at least 5 days a week. This group will be evaluated in 3 to 5 days after delivery (Postpartum care I), 10 to 14 days after delivery (postpartum care II) and 45 to 60 days after delivery (postpartum care III) terms of exercise and quality of life .

Category

Lifestyle

2

Description

Control group: only will receive routine cares.

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

Banafsheh Boojarzadeh

Street address

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

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Hamadan University of Medical Sciences

Full name of responsible person

Dr. Saeid Bashirian

Street address

Shahid Fahmideh Street, Counterpoint of Mardom Park , Hamadan University of Medical Sciences, Hamadan

City

Hamadan

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 of Hamadan 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

Hamadan University of Medical Sciences

Full name of responsible person

Dr. Parisa Parsa

Position

Associate Professor

Other areas of specialty/work

Street address

Shahid Fahmide street, Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Postal code

65178-38698

Phone

+98 81 3835 0150

Fax

Email

parsa@umsha.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamadan University of Medical Sciences

Full name of responsible person

Dr. Parisa Parsa

Position

Associate Professor

Other areas of specialty/work

Street address

Shahid Fahmideh Street , Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Postal code

6517838698

Phone

+98 81 3835 0150

Fax

Email

Parsa@umsha.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Hamadan University of Medical Sciences

Full name of responsible person

Dr. Parisa Parsa

Position

Associate Professor

Other areas of specialty/work

Street address

Shahid Fahmideh street, Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Postal code

6517838698

Phone

+98 81 3835 0150

Fax

Email

parsa@umsha.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