Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of self-efficacy promoting strategies on breast-feeding behavior among nulliparous women

Protocol summary

Summary

This is a randomized controlled trial that will be done on 120 nulliparous women (35-37weeks of gestation) to determine the effect of increasing self-efficacy Strategies on breastfeeding behavior in pregnant women in Ahvaz, Iran. The primary self-efficacy scores of samples will be measured using Dennis breastfeeding self-efficacy questionnaire. Women will be randomly recruited into two intervention (n=60) and control groups (n=60). The designed educational program based on self-efficacy theory (two training sessions that each will be lasted for 60 minutes, a training package graphics and sending two massages per week using the Short Message Service (SMS)) will be performed for intervention group. The control group only will receive routine prenatal care. Then, the Breastfeeding self-efficacy scale and questionnaires related to breastfeeding behavior will be completed by the study participants, 2 and 8 weeks after childbirth. For data analysis, SPSS software, version 19 will be used

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014061410804N3**
Registration date: **2016-06-20, 1395/03/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-06-20, 1395/03/31

Registrant information

Name

Marzieh Araban

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

تهران

Email address

m.araban@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Research council of Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2014-11-04, 1393/08/13

Expected recruitment end date

2015-01-03, 1393/10/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-efficacy promoting strategies on breast-feeding behavior among nulliparous women

Public title

Effect of self-efficacy promoting strategies on breast-feeding behavior

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:first time pregnancy;healthy women (according to doctor appointments) ;No history of reproductive problems (infertility, recurrent pregnancy loss);gestational age f35-37weeks; having a singleton pregnancy;fluent in Persian(Farsi);having at least basic education;owning a cell phone(for experimental group) exclusion criteria:Complicated pregnancy(vaginal

bleeding/ spotting/ gestational hypertension/ leak....);absence in training sessions ;Turn off or unavailability of cell phone

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Ahvaz Jundishapur University of Medical Sciences

Street address

Golestan Avenue

City

Ahvaz

Postal code

159

Approval date

2014-11-04, 1393/08/13

Ethics committee reference number

13930145 Ajums.REC

Health conditions studied

1

Description of health condition studied

breastfeeding self efficacy

ICD-10 code

Z39

ICD-10 code description

Postpartum care and examination

Primary outcomes

1

Description

Breastfeeding self-efficacy score

Timepoint

at 35-37 weeks of pregnancy and 2 weeks and 8 weeks after delivery

Method of measurement

Dennis' Breastfeeding Self-Efficacy Scale-Short Form

Secondary outcomes

1

Description

type of child nutrition and breast feeding behavior

Timepoint

2 and 8 weeks afterdelivery

Method of measurement

Researcher made Questionnaire

Intervention groups

1

Description

Participants in the Intervention group will be received two training sessions by the researcher. Each session will be lasted for 60 minutes. In the first session, educational content based on the learning objectives and self-efficacy theory will be presented by the researcher and women were free to ask their questions. And at the second session, the intervention group will be received a graphical training package. It contains 10 cards with emotional trigger words and phrases for breastfeeding. Also by the end of the study (8 weeks after giving birth), to encourage mothers to breastfeed, two massages per week using the Short Message Service will be sent each week by the researcher.

Category

Behavior

2

Description

The control group only will be received routine prenatal and postnatal cares.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

healthcare center number7, Jondishapour University of Medical Science

Full name of responsible person

Marzieh Araban

Street address

Social Determinants of Health Research Center,

Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran.

City

Ahvaz

2

Recruitment center

Name of recruitment center

healthcare center number9, Jondishapour University of Medical Science

Full name of responsible person

Marzieh Araban

Street address

Social Determinants of Health Research Center, Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Marzieh Araban

Street address

Social Determinants of Health Research Center, Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Marzieh Araban

Position

PhD/Asistant Professor

Other areas of specialty/work

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Position

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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