

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

A comparison of the impact counseling and Lack of consultation on depression and anxiety in women after abortion legalization

Protocol summary

Summary

The aim is to provide consulting services by the legal midwife as the first person who contacts the women referring to the coroner's office for obtaining permission for an abortion in order to anticipate their mental health complications and refer them to the relevant authorities. In this way, women's health can be improved. In this study, those women with no history of mental illness did not have to take psychiatric drugs, or those women who had not experienced a sad event like the death of a relative of theirs were permitted to participate in the study, but if someone experienced a sad event during the study she was excluded from the study. In this study, a sample of 100 conceiving women who had referred to Qazvin Province coroner's office for obtaining permission for an abortion, after obtaining their consent, was randomly assigned to one of two groups: the control group and the intervention (treatment) group. First of all, participants from both groups filled out the Beck Anxiety Inventory (BAI). The intervention group members were initially given individual consultations for 30-45 minutes, and then they were followed up on the phone for 8 weeks and received consultations in case of necessity. Then, both groups filled out the survey after 8 weeks, and finally both groups were compared together from the anxiety perspective.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012111411468N1**

Registration date: **2013-08-01, 1392/05/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-08-01, 1392/05/10

Registrant information

Name

Hamideh Hajnasiri

Name of organization / entity

School of Nursing and Midwifery, Tehran

Country

Iran (Islamic Republic of)

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+98 28 1369 7582

Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-12-21, 1391/10/01

Expected recruitment end date

2013-04-19, 1392/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison of the impact counseling and Lack of consultation on depression and anxiety in women after abortion legalization

Public title

Impact on depression and anxiety, post-abortion counseling

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the conceiving women having obtained

permission for an abortion; the conceiving women having no history of mental illness or not consuming psychiatric drugs; lack of any sad event like the death of relatives, Exiting conditions: happening of unpleasant events during research

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: **100**

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

Tehran University of Medical Sciences

Street address

tehran

City

tehran

Postal code

Approval date

2013-02-05, 1391/11/17

Ethics committee reference number

8240/250/91/3

Health conditions studied

1

Description of health condition studied

Depressive

ICD-10 code

F32

ICD-10 code description

Depressive episode

2

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Reduce anxiety

Timepoint

Find the research, Every week for 8 weeks

Method of measurement

Questionnaire Beck

2

Description

Reduce Depression

Timepoint

Find the research, Every week for 8 weeks

Method of measurement

Questionnaire Beck

Secondary outcomes

empty

Intervention groups

1

Description

" The intervention group members initially filled out the BAI,BDI were given individual consultations for 30-45 minutes, The consultation sessions were designed in a way that could be conducted by the midwife, and the researcher was trained in the design by a psychological consultant. The consultation sessions included: 1) providing medical information about abortion and its resulting health complications in order to reduce the fear and anxiety because of unawareness, 2) resolving the concerns and ambiguities of individuals, 3) informing individuals that abortion is regarded as a kind of loss or grief, hence its symptoms being similar to that feeling, and informing them of what are the mental complications as a result of abortion, and providing solutions to counteract the negative moods, 4) giving assurance of providing weekly consultation services for 8 weeks and in case of necessity, after individuals had obtained permission for an abortion, and creating a sympathetic relationship during the study. and then they were followed up on the phone for 8 weeks and received consultations in case of necessity. "

Category

Behavior

2

Description

" The control group members filled out the BAI, BDI after undergoing abortion, received no individual consultations or follow-up callings, and filled out the BAI, BDI again after 8 weeks" .

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Forensic Center of Qazvin

Full name of responsible person

Street address

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Ziba Taghizadeh

Street address

School of Nursing and Midwifery, Tohid Crossroads

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Mehrnaz Geranmayeh

Position

Phd Student

Other areas of specialty/work

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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