

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

Effect of multiple teaching methods to preventive behavior of postpartum Type2 Diabetes in gestational diabetic women attendance to Mashhad health centers

Protocol summary

Summary

Introduction: Diabetes is a chronic disease that its prevalence is increasing in the worldwide. The history of gestational diabetes is one of the major risk factors for getting diabetes type 2. The training methods that already have been used in the prevention of type 2 diabetes in the postpartum period could not be effective in all aspects of behavior. Thus, the present study examined the impact of multiple teaching methods on preventive behaviors of type 2 diabetes on postpartum in gestational diabetic women was performed. Objectives:1 - Comparison of a healthy diet at baseline, 2 and 6 weeks after delivery of the training and control groups 2- Comparison of physical activity at baseline, 2 and 6 weeks after delivery, training and control groups 3- Comparison of weight change 6 weeks after delivery to 2 weeks of training and control groups Design:This clinical trial is a two-group that was performed on 83 cases of women with gestational diabetes that referred to the selected health centers in Mashhad by multistage sampling. Major inclusion criteria: GA:28-36 week; Iranian and residing in Mashhad; GTT abnormal Major exclusion criteria: Risk of impaired glucose tolerance or diabetes mellitus before week 24 of pregnancy; Substance abuse and alcoholism; Speech and hearing problems; History of acute or chronic medical disease. Main outcome variables:Preventive behavior of type 2 diabetes in this study includes a healthy diet, physical activity and weight loss. Setting and conduct: The used scales are researcher-made questionnaires on diet and physical activity, practice check list and the recorded patient weight list. This method is that pregnant women with gestational diabetes at 36-28 weeks were randomly assigned to two training groups (n = 42) and controls (n = 41) and pre-test data were collected from both groups. finally in the second and third visits to postpartum care, two groups have completed the

questionnaire again and changes in behavior were studied. Body weights were recorded in the second and third visiting on postpartum cares. Intervention: Teaching intervention over two sessions during 2 consecutive weeks by using lecture, group discussion, questions and answers, user training and follow-up phone calls were conducted .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121311744N1**

Registration date: **2013-01-02, 1391/10/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-01-02, 1391/10/13

Registrant information

Name

Zahra Hesarinejad

Name of organization / entity

School of Nursing and Midwifery, Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 1859 1511

Email address

hesarinz881@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Mashhad University of Medical Sciences

Expected recruitment start date

2012-06-09, 1391/03/20

Expected recruitment end date

2012-11-16, 1391/08/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of multiple teaching methods to preventive behavior of postpartum Type2 Diabetes in gestational diabetic women attendance to Mashhad health centers

Public title

Effect of teaching on prevention of type 2 diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Major inclusion criteria: GA:28-36 week; Iranian and residing in Mashhad; GTT abnormal Major exclusion criteria: Risk of impaired glucose tolerance or diabetes mellitus before week 24 of pregnancy; Substance abuse and alcoholism; Speech and hearing problems; History of acute or chronic medical disease.

Age

From **20 years** old to **35 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **88**

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 Mashhad University of Medical Sciences

Street address

Building Qureshi, University Street, Mashhad

City

Mashhad

Postal code

۳۴۵ - ۹۱۳۷۵

Approval date

2012-05-11, 1391/02/22

Ethics committee reference number

511/0720

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

gestational diabetes

ICD-10 code

O24.4

ICD-10 code description

Diabetes mellitus arising in pregnancy

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

Diet

Timepoint

Before training, two weeks and six weeks after delivery

Method of measurement

Questionnaire

2**Description**

Weight

Timepoint

two weeks and six weeks after delivery

Method of measurement

Digital Scales

3**Description**

Physical Activity

Timepoint

Before training, two weeks and six weeks after delivery

Method of measurement

Questionnaire

Secondary outcomes

empty

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

Trainig group: Teaching intervention over two sessions during 2 consecutive weeks by using lecture, group discussion, questions and answers, user training and

follow-up phone calls were conducted.

Category

Prevention

2

Description

Control group: During the study, the control group received no training by the researcher and the trained health centers were common.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Rezashahr Health Center

Full name of responsible person

Mrs. Tohidi

Street address

Khaghani 10, Rezashahr

City

Mashhad

2

Recruitment center

Name of recruitment center

Daneshamouz Health Center

Full name of responsible person

Dr Zamani

Street address

Farhang sq, Daneshamouz 10, Daneshamouz blv, Vakilabad blv.

City

Mashhad

3

Recruitment center

Name of recruitment center

Shahid Saffari Health Center

Full name of responsible person

Mrs Lashgari

Street address

Piroozi 44, Piroozi blv.

City

Mashhad

4

Recruitment center

Name of recruitment center

Emamat Health Center

Full name of responsible person

Dr Shabahang

Street address

Emamat 28, Emamat blv, Azadshahr

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghodi

Street address

Department of Pharmaceutics, College of Pharmacy, Campus,Vakil abad blv, Mashhad

City

Mashhad

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 Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Zahra Hesarinejad

Position

Master of Midwifery students

Other areas of specialty/work

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Person responsible for scientific inquiries

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Nastaran Razmjoo

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Person responsible for updating data

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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