Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Study the effect of peer support on the pattern of breastfeeding among mothers with a history of unsuccessful breastfeeding in Gorgan health centers 1390

Protocol summary

Summary

Objectives: Mothers with history of unsuccessful breast feeding considered as mothers with high risk of breast feeding and other interventions in pregnancy and beyond routine prenatal care programs should be conducted. Design: The aim of this program is to improve breastfeeding and avoid repeating previous breastfeeding experience is desirable. This study examines the impact of women with a positive history of breast support on breastfeeding patterns of mothers with a history of breastfeeding was unsuccessful. Setting and conduct: In this randomized clinical trial, 150 pregnant women with a history of unsuccessful breastfeeding randomly assigned to experimental and control groups. The control group program included the routine trainings. Case group program included the routine trainings plus the support from 1mother with positive breast feeding experience during the first 3months after delivery. Participants including major criteria: Inclusion in the study group: the desire to be together, living in Gorgan; be available; at least be literate; with a singleton pregnancy is unsuccessful in her last lactation; must be 37 weeks gestational age; the mother has to be a low-risk pregnancy (no illness, surgery, and midwifery is not known); fetal abnormality is not known. Inclusion of Sponsor: Must be a resident of Gorgan; be literate, have a successful breastfeeding experience; is not a debilitating disease; might be willing to cooperate in the project. Inclusion excluded mothers who are available for telephone consultation; any problems for the mother during labor or after delivery that the baby needs to stay in the hospital. Interventions: In this study, women with a history of successful advocacy support breastfeeding mothers by telephone and in person if received 37 weeks of pregnancy. She supports at least once a week until the end of the third month continued. The main outcome measures: in the first, second and third month the rate of exclusive breast feeding in case and control groups were compared.

General information

Acronym

no

IRCT registration information

IRCT registration number: **IRCT2013010111964N1**
Registration date: **2013-05-15, 1392/02/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-05-15, 1392/02/25

Registrant information

Name

Roya Sadat Etemadi

Name of organization / entity

International branch of Shahid Beheshti University

Country

Iran (Islamic Republic of)

Phone

+98 17 1552 7275

Email address

roya6163@yahoo.com

Recruitment status

Recruitment complete

Funding source

Iinvestigator

Expected recruitment start date

2012-02-20, 1390/12/01

Expected recruitment end date

2012-04-18, 1391/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effect of peer support on the pattern of breastfeeding among mothers with a history of unsuccessful breastfeeding in Gorgan health centers 1390

Public title

The effect of peer support on the pattern of breastfeeding among mothers with a history of unsuccessful breastfeeding .

Purpose

Supportive

Inclusion/Exclusion criteria

Participants including major criteria: Inclusion in the study group: the desire to be together, living in Gorgan; be available; at least be literate; with a singleton pregnancy is unsuccessful in her last lactation; must be 37 weeks gestational age; the mother has to be a low-risk pregnancy (no illness, surgery, and midwifery is not known); fetal abnormality is not known. Inclusion of Sponsor: : Must be a resident of Gorgan; be literate, have a successful breastfeeding experience; is not a debilitating disease; might be willing to cooperate in the project. Inclusion excluded mothers who are available for telephone consultation; any problems for the mother during labor or after delivery that the baby needs to stay in the hospital.

Age

No age limit

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **168**

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

1

Registry name

Not registered

Secondary trial Id

Not registered

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of international branch of Shahid Beheshti University

Street address

No 19, near Hemmat highway, Tavanir Avenue, Tehran

City

Tehran

Postal code

Approval date

2011-10-15, 1390/07/23

Ethics committee reference number

2864/116

Health conditions studied

1

Description of health condition studied

Disease is not studied in this trial.

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Breastfeeding pattern

Timepoint

One, two and three month after sampling

Method of measurement

Breastfeeding assessment questionnaire

Secondary outcomes

1

Description

Dominant breast feeding

Timepoint

One, two and three month after sampling

Method of measurement

Breastfeeding assessment questionnaire

Intervention groups

1

Description

. The control group program included the routine trainings. Case group program included the routine

trainings plus the support from 1mother with positive breast feeding experience during the first 3months after delivery. Breast feeding patterns were evaluated by the end of the first, second and third months.

Category

Other

2

Description

Phone number, address and name of each sponsor several of the mothers who were matched for age, socioeconomic status, education and living there will be similarities and the rest of the calls will be made as needed. Telephone Support Group provides research, monitoring and support will be put up in case of problems breastfeeding, should be referred to medical centers.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Gorgan Health Centers

Full name of responsible person

Manager of Center

Street address

Emam Town

City

Gorgan

2

Recruitment center

Name of recruitment center

Gorgan Health Centers

Full name of responsible person

Manager of Center

Street address

Modares Square

City

Gorgan

3

Recruitment center

Name of recruitment center

Gorgan Health Center

Full name of responsible person

Manager of Center

Street address

Enghelab Avenue

City

Gorgan

4

Recruitment center

Name of recruitment center

Gorgan Health Center

Full name of responsible person

Manager of Center

Street address

Vali Asr Avenue

City

Gorgan

5

Recruitment center

Name of recruitment center

Gorgan Health Center

Full name of responsible person

Manager of Center

Street address

Naharkhoran Avenue

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahid Beheshti University of Medical Science

Full name of responsible person

Doctor Ghanati

Street address

No 19, near Hemmat highway, Abbasour Avenue, Tehran

City

Tehran

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, Shahid Beheshti University of Medical Science

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

International branch of Shahid Beheshti University

Full name of responsible person

Roya Sadat Etemadi

Position
Student
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahid Beheshti University of Medical Science
Full name of responsible person
Torkzahrani Shahnaz
Position
Master Science
Other areas of specialty/work
Street address
School of Nursing Midwifery Shahid Beheshti, Tehran
City
Tehran
Postal code
Phone
+98 21 8856 0717
Fax
Email
zahranishahnaz@yahoo.com
Web page address

Person responsible for updating data

Contact

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