

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of education on Maternal role Attainment and stress in the postpartum period among primiparous women

Protocol summary

Summary

The purpose of this study is to examine the effect of educational program on maternal role attainment. A total of 100 pregnant women, 18 years of age and older, 36 WK and above, first- time mother with a singleton and uneventful pregnancy, without past psychiatric history are going to participate in this study. At first, all participants in the intervention group(n=50) and the control group (n=50) will be applied to complete questionnaires (Demographic Scale, Stress Scale, Maternal Identity Scale) after their informed consent about the research will be received. The expectant mothers in experimental group will take part in 3 educational sessions (a couple of sessions before and third session between 10 to 15 days after childbirth) and will be given 2 educational booklets and one CD. The education will be about different types of information about baby-care. This research is going to be conducted in two curative and health canthers located in the southern region of Tehran that has similar socioeconomic situation. For prevention of exchanging educational information; the research will be conducted with control group in the curative and health center of Ayet and experimental group in the curative and health center of Aboozar. The participant will be excluded from the study in the case of fetal death or the death of baby and newborn anomalies or be quit of continuing in the study. All participants will complete questionnaires (Maternal Competence Scale, Stress Scale, and Maternal Identity Scale) at 6 and 12 weeks postpartum. The questionnaire of birthing and breastfeeding information will be completed at 12 weeks postpartum by all participants.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013060113542N1**

Registration date: **2013-07-07, 1392/04/16**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-07-07, 1392/04/16

Registrant information

Name

Zohreh Khakbazan

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8898 4339

Email address

khakbazanz871@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

The Nursing and Midwifery Faculty of Tehran University of Medical Sciences

Expected recruitment start date

2013-06-10, 1392/03/20

Expected recruitment end date

2013-10-27, 1392/08/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education on Maternal role Attainment and stress in the postpartum period among primiparous women

Public title

The effect of baby-care educational program on maternal role attainment among first-time mothers.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria in the research: Pregnant women ≥ 18 years old; Gestational age ≥ 36 weeks; Living with spouse; Singleton and uneventful pregnancy ; Healthy and without a past or family psychiatric history; No addiction to alcohol or drugs; With educational level of guidance school- registered or higher; Giving the informed consent to participate in the study Exclusion criteria from the study: To be quit of continuing in the research ; To consume drugs effecting on Nervous System; Happening of sudden unpleasant event or the death of close family member; Newborn anomalies like; Down's syndrome &.....; The death of newborn or fetal death; Hospitalizing of newborn for jaundice &.....

Age

From **18 years** old to **48 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**

The Ethics Committee of deputy of research Tehran University of Medical Sciences

Street address

6th Floor, Central Organization of Tehran University of Medical Sciences, Qods Ave, Keshavarz Blvd.

City

Tehran

Postal code

1417653761

Approval date

2013-05-16, 1392/02/26

Ethics committee reference number

130/282/92/5

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

Maternal role attainment

ICD-10 code

F69

ICD-10 code description

Unspecified disorder of adult personality and behaviour

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

Maternal Identity-Maternal Competence- Maternal Stress

Timepoint

Before intervention- 6 and 12 weeks Postpartum

Method of measurement

Maternal Identity Questionnaire-PARENTING SENSE OF COMPETENCE SCALE (PSOC)- stress questionnaire

Secondary outcomes

empty

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

The control group will receive routine cares alone.

Category

N/A

2**Description**

The expectant mothers in experimental group will take part in 3 educational sessions (a couple of sessions before and third session between 10 to 15 days after childbirth) and will be given 2 educational booklets and one CD. The educational sessions will be held at least 60 minutes in the groups between 5 to minutes and the educational method is; lecture, demonstration, role playing and questioning. The educational content will be about different types of information about baby-care including; the care of cord, breastfeeding and its complications like breast schism, mastitis and about multivitamin drop, vaccination, baby bath, baby clothing, nutrition of infant and the care of urine-burn, fever, baby flatulence and..... The control group will receive routine cares alone.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Aboozar health center

Full name of responsible person

Forogh Abd Molayee

Street address

Fallah 30 meters, Aboozar Blvd, Navab Highway

City

Tehran

2

Recruitment center

Name of recruitment center

Shahid Ayat health center

Full name of responsible person

Arman Modarres

Street address

Against Shariati park, shariati District, Mahan St,
Behind Ghalaeh Morghi garrison

City

Tehran

3

Recruitment center

Name of recruitment center

Emam Sadegh Health Center

Full name of responsible person

Hamid Talebi

Street address

No 32, Ahmadiyyeh District, Beheshti Ave,
NematAbad Police Station

City

Tehran

4

Recruitment center

Name of recruitment center

NematAbad Health Center

Full name of responsible person

Fatemeh Shayegh

Street address

No3, Soheil St, Khlazyr Road, Saveh Road

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Masoud Yonesian

Street address

6th Floor.The central organization of Tehran
University of Medical Sciences. Qods St.Keshavarz
Blvd.

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

Midwifery and Nursing Faculty of Tehran University of
Medical Sciences

Full name of responsible person

Zohreh Khakbazan

Position

MSc and faculty member of Midwifery and Nursing of
Tehran University of Medical Sciences

Other areas of specialty/work

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Person responsible for scientific inquiries

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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