

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

effect of discharge planning program on stress and satisfaction of preterm infant mothers in NICU Randomized control Trial

Protocol summary

Summary

The aim of discharge planning , preparing families for the care of premature infants at home after discharge.a randomized controlled trial study was conducted on 92 mothers of preterm infants (gestational age: 32/ 7 -366/7 weeks) in neonatal ICU of Tabriz Alzahra hospital in 2013.Inclusion criteria such as:infants without congenital anomalies; Apgar score of 5 minute after birth was 7. 92 mothers participated in the study were divided into two groups intervention and control , and randomly selected , two groups have not been in touch and exchange information .All of mothers at once after admitted, fill demographic Questionnaire and parental stress scale (berry) and Parental satisfaction questionnaire. after admitted, discharge planning program was done for intervention group and mothers of control group received routine and usual cares. Maternal stress and satisfaction was measured in both admission and discharge time in two groups by using Parental stress scale (berry) and Parental satisfaction questionnaire .In both groups were evaluated separately.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015050313691N2**

Registration date: **2015-05-19, 1394/02/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-19, 1394/02/29

Registrant information

Name

Mohammad Arshadi Bostanabad

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 3479 6770

Email address

arshadi@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz Medical Sciences University

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

effect of discharge planning program on stress and satisfaction of preterm infant mothers in NICU
Randomized control Trial

Public title

effect of discharge planning program on stress and satisfaction of preterm infant mothers

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria : birth age between 32/07_36/67 weeks;
birth weight more than 1300 g;Apgar score of 5 minute after birth was 7 ; infants without congenital anomalies or syndromes ;having a singleton; the first child in the family; the mother is ready to cooperate and literacy ;The mother has not history of mental disease or the

mother has a history of substance abuse. Exclusion criteria : hospitalization for more than two weeks or less than two days;serious illness of newborn; the baby dies; the mother is one of the medical personnel; the absence of the mother in one of the meetings; precious baby born to seeking mother infertility.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 92

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

Tabriz University of Medical Sciences

Street address

South Sharyati Ave.-

City

Tabriz

Postal code

5138947977

Approval date

2013-10-02, 1392/07/10

Ethics committee reference number

5/4/5582

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder

Primary outcomes

1

Description

stress

Timepoint

before Intervention,Time Discharge

Method of measurement

Parental stress scale,Berry

2

Description

satisfaction

Timepoint

before Intervention,Time Discharge

Method of measurement

Parental satisfaction questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

After admission and pre-intervention, The intervention group completed parental stress scale and parental Satisfaction Questionnaire. intervention group received discharge planning program. It includes two one-hour sessions consisted of 5 mothers with lectures, training manual and videotape training package of discharge planning included nutritional care, prevention and management of infections, evaluate hyperbilirubinemia and body temperature, cognitive symptoms (cognitive and disease management at home and criteria for referral to a doctor), vaccination, hearing evaluation and follow-up examinations, eye, respiratory cardiopulmonary resuscitation training, instructions bathing, prevention of violence and the prevention of dermatitis baby is shaken baby syndrome. The first training session of discharge (breastfeeding education and prevention of hypothermia, bathroom and care eyes, navel) in the first few days of the admission of the baby and the second session before discharge (cardiopulmonary resuscitation and respiratory medication). educational books (recognizing symptoms and infant safety, follow-up vaccination and screening) were distributed between two meetings. Discharge time, parent stress scale (berry) and parental satisfaction questionnaire, were distributed and evaluated.

Category

Other

2

Description

After admitted, control group completed parental stress scale (berry) and parental satisfaction questionnaire. control group received routine program. In discharge time, the parental stress scale (berry) and parental

satisfaction questionnaire were distributed and evaluated. When discharge, educational books were distributed in control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz Alzahra hospital

Full name of responsible person

Soeibeh seyedi elmabad

Street address

South Artesh Ave. Crossroads Baghshmal. Alzahra hospital

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr Shakouri

Street address

Tabriz University of Medical Sciences- Daneshgah Ave.

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Arshadi Bostanabad Mohammad

Position

PhD Student

Other areas of specialty/work

Street address

South Sharyati Ave. Tabriz

City

Tabriz

Postal code

5138947977

Phone

+98 41 3479 6770

Fax

+98 41 3479 6969

Email

arshadi@tbzmed.ac.irarshadi_m@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