Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of Religious education on Religious knowledge and belief and Postpartum blues of the primipara women

Protocol summary

Summary

This randomized clinical trial study is on 220 primi-parous women referring to selected medical-educational centers (Arash & Baharloo hospitals) in Tehtan University of Medical Sciences ,about The effect of Religious education on Religious knowledge and belief and Postpartum blues of the primipara women in Prenatal clinics in selected hospitals of Tehran University of Medical Sciences. This is a randomized clinical trial which was conducted on 220 pregnant women in the selected centers of Tehran university of medical science (Arash and Baharlo hospitals), for the purpose of investigating the effect of Religious education on the religion awareness and Postpartum. After obtaining of the patients' Consent, they were randomly divided into 2 groups of intervention and control. First religious attitudes and awareness and anxiety of the pregnant women were investigated and those who had high levels of religious attitudes were put aside; they only were investigated 7 to 10 days after Childbirth. Remaining people, who had average and low religious attitude were divided into 2 groups of intervention and control. In the intervention group they were under religious education and examined again, while in control group they just received normal care. Finally, the Postpartum were investigated and analyzed in 2 groups, 7 to 10 days after the child birth.

General information

Acronym

not used

IRCT registration information

IRCT registration number: **IRCT2013071714041N1**
Registration date: **2013-10-28, 1392/08/06**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-10-28, 1392/08/06

Registrant information

Name
Tahereh Mokhtaryan Gilani
Name of organization / entity
Shiraz University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 71 1647 4254
Email address
mokhtar@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-07-28, 1392/05/06

Expected recruitment end date

2013-09-21, 1392/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Religious education on Religious knowledge and belief and Postpartum blues of the primipara women

Public title

The effect of Religious education on Religious knowledge and belief and Postpartum blues of the primipara women

Purpose

Prevention

Inclusion/Exclusion criteria

Criteria of inclusion in the study: Pregnant women in the age range of 18-45;Lack of chronic diseases (hearth problems, Lung disease, blood pressure, diabetes);The ability to participate in educational classes and filling up the Consent form;The mothers' level of anxiety must be classified as low or average according to Spil Beger scale. Criteria of exclusion from the study: Lack of interest in further contribution ; Illiteracy or lack of ability in filling up the questionnaires and speaking or writing in Farsi ; Any psychological disease diagnosis during the study (major depression, anxiety disorder) ; Appearance of pregnancy complications (Abruption, fetal death, preterm delivery, preeclampsia severe Aklamsy and so on); Any unexpected events such as near relative death (husband, parents, child, ...)

Age
From **18 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **220**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
People in the intervention and control groups have average or low religious attitudes. Pregnant women were under religious education for 20 to 30 weeks, and after 6 sessions of education in each week, they again filled up the questionnaires on religious attitudes and awareness and anxiety, in this way it can be seen that the participation in these educational classes how much affected the religious attitudes and awareness and anxiety. 2 months after the education, 3 questionnaires would be again filled up in order to determine the stability of the education.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz University of Medical Sciences Ethics Committee

Street address
7 th floor- Research Assistance- Central University of Medical Sciences- Next to the Red Crescent- Zand Street

City
shiraz

Postal code
1978 -71345

Approval date
2013-02-03, 1391/11/15

Ethics committee reference number
T-91-6431

Health conditions studied

1

Description of health condition studied
Post partum blues

ICD-10 code
F53

ICD-10 code description
Mental and behavioural disorders associated with the puerperium, not elsewhere classified

Primary outcomes

1

Description
post partum blues

Timepoint
10-7 days after childbirth

Method of measurement
Questionnaire Edinburg

Secondary outcomes

empty

Intervention groups

1

Description
People in the intervention and control groups have average or low religious attitudes. Pregnant women were under religious education for 20 to 30 weeks, and after 6 sessions of education in each week(Deism Education), they again filled up the questionnaires on religious attitudes and awareness and anxiety, in this way it can be seen that the participation in these educational classes how much affected the religious attitudes and awareness and anxiety. 2 months after the education, 3 questionnaires would be again filled up in order to determine the stability of the education

Category
Behavior

2

Description
Characteristics of this group are characterized by the same group., But the second group received routine care

(Control of Fetal Growth, Blood pressure, Weight and . . .).

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Arash hospital
Full name of responsible person
Mrs. Shokoohi
Street address
Baghdarnia St.Frjam Ave.Tehran
City
Tehran

2

Recruitment center
Name of recruitment center
Baharloo hospital
Full name of responsible person
Mr. Fath Abadi
Street address
Karegar Ave-Behdari St.Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Gholamreza Hatam
Street address
7 th floor- Research Assistance- Central University of Medical Sciences- Next to the Red Crescent- Zand Street
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz 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
Shiraz University of Medical Sciences
Full name of responsible person
Marzieh Akbarzadeh
Position
Master of Midwifery
Other areas of specialty/work
Street address
Namazi Square- University of Nursing and Midwifery
City
Shiraz
Postal code
Phone
+98 71 1647 4254
Fax
Email
akbarzadehmarzieh@yahoo.com
Web page address
www.sums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Marzieh Akbarzadeh
Position
Master of Midwifery
Other areas of specialty/work
Street address
Namazi Square- University of Nursing and Midwifery
City
Shiraz
Postal code
Phone
+98 71 1647 4254
Fax
Email
akbarzadehmarzieh@yahoo.com
Web page address
www.sums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Tahereh Mokhtaryan Gilani
Position
Master of Midwifery
Other areas of specialty/work
Street address
Namazi Square- University of Nursing and Midwifery

City
Shiraz
Postal code
Phone
+98 71 1627 9135
Fax
Email
mokhtar@sums.ac.ir
Web page address
www.sums.ac.ir

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