

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Investigating the effect of training pregnant women in doing postpartum cares by Health Belief Model

Protocol summary

Summary

Objective:The incorporated postpartum cares are the most important factor of preventing and reducing the problems of puerperium period.This study aims at determining the effects of training pregnant women on doing postpartum cares based on health belief model.

Design:Randomization in intervention and control group.

Setting:This study is carried out on pregnant women referring to health centers of Hamadan city divided into test group(45)and control group(45). Inclusion criterion:(a)pregnant women; (b)willingness to cooperation. Exclusion criteria:(a) pregnant women at less than 30 weeks or more than 35 weeks of pregnancy; (b) having physical and mental problems; (c) lack of regular presence in training sessions; (d) pregnancy termination during training sessions. Intervention: After the completion of pretest for two groups, the women in intervention group are asked to attend 4 training sessions of one hour each in two weeks.The training program is held in health center of Imam Khomeini in lecturing, group discussion and questioning and answering method based on health belief model.The first post-test is immediately performed after the completion of training sessions and second post-test two months after the delivery. Control:They receive the routing care programs from health center. Primary outcome:(a)doing postpartum cares in health center. Secondary outcome:(a)awareness; (b)perceived sensitivity, perceived intensity, perceived benefits, perceived barriers, cues to action and self-efficacy.

General information

Acronym

Health Belief Model

IRCT registration information

IRCT registration number: **IRCT2013072714093N1**

Registration date: **2013-08-22, 1392/05/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-08-22, 1392/05/31

Registrant information

Name

Zahra Lotfinik

Name of organization / entity

Hamadan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0025

Email address

z.lotfinik@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor of Research and Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2013-09-01, 1392/06/10

Expected recruitment end date

2013-10-02, 1392/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of training pregnant women in doing postpartum cares by Health Belief Model

Public title

Effect of training on doing postpartum cares

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criterion:(a)pregnant women; (b)willingness to cooperation. Exclusion criteria:(a) pregnant women at less than 30 weeks or more than 35 weeks of pregnancy; (b) having physical and mental problems; (c) lack of regular presence in training sessions; (d) pregnancy termination during training sessions.

Age

From **10 years** old to **49 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

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

Local human subject review board, Hamadan
University of Medical Science

Street address

Vice-chancellor of Research the Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave, Hamadan

City

Hamadan

Postal code

6517838695

Approval date

2013-05-08, 1392/02/18

Ethics committee reference number

397/9/35/16/د/پ

Health conditions studied

1

Description of health condition studied

postpartum care

ICD-10 code

z39.2

ICD-10 code description

Routine postpartum follow-up

Primary outcomes

1

Description

doing postpartum care

Timepoint

two months after delivery

Method of measurement

postpartum care form in household record

Secondary outcomes

1

Description

awareness

Timepoint

before intervention, immediately after intervention, two
months after delivery

Method of measurement

questionnaire

2

Description

perceived sensitivity, perceived intensity, perceived
benefits, perceived barriers, cues to action and self-
efficacy.

Timepoint

before intervention , immediately after intervention, two
months after delivery

Method of measurement

questionnaire

Intervention groups

1

Description

After the completion of pretest for two groups, the
women in intervention group are asked to attend 4
training sessions of one hour each in two weeks.The
training program is held in health center of Imam
Khomeini in lecturing, group discussion and questioning
and answering method based on health belief model.The
first post-test is immediately performed after the
completion of training sessions and second post-test two
months after the delivery.

Category

Other

2

Description

They receive the routing care programs from health
center.

Category

Other

Type of organization providing the funding
empty

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini health center

Full name of responsible person

Zahra Lotfinik

Street address

Imam Khomeini health center, Resalat Square,
Hamadan

City

Hamadan

2

Recruitment center

Name of recruitment center

Imam Sajad health center

Full name of responsible person

Zahra Lotfinik

Street address

Imam Sajad health center, Bani Hashem Avenue,
Hamadan

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for Research the Technology,
Hamadan University of Medical Sciences

Full name of responsible person

Dr Heidar Tavilani

Street address

Hamadan University of Medical Sciences, Shahid
Fahmideh Ave, Hamadan

City

Hamadan

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 the Technology, Hamadan
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

Person responsible for general inquiries

Contact

Name of organization / entity

School of Public Health, Hamadan University of
Medical Science

Full name of responsible person

Zahra Lotfinik

Position

Master Student of Health Education

Other areas of specialty/work

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Person responsible for scientific inquiries

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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