

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Comparison of childbirth training workshop effects on knowledge, attitude and childbirth type in mothers and couples

Protocol summary

Summary

This study was conducted aiming to examine the effect of childbirth training workshop on knowledge, attitude, and selection of childbirth type. The inclusion criteria were women with the first pregnancy being at 26-32 weeks' gestation and their husbands; literate couples; no acute obstetric and pregnancy-related complications; not suffering from specific underlying diseases; lack of diagnosable medical conditions leading to cesarean; not suffering from psychological disorders; absence of unwanted pregnancy; and having physical and psychological health to participate actively in the workshop. The exclusion criteria included absence of pregnant women and their husbands in training sessions; failure to fill in the questionnaire; incidence of a specific disease or problem during research conduction which hinders the research procedure and requires complete rest. The present study was performed on three groups (mothers, couples, and control) in four stages on 180 subjects including pregnant women and their husbands. After sampling, pre-test was taken and then intervention was done in the firm of training workshop. Post-test was carried out immediately and one month after intervention as well as after childbirth in all three groups. The results of the study showed that training of pregnant women and their husbands by workshop method is effective enough to encourage normal delivery and consequently to reduce cesarean rates.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091614683N1**

Registration date: **2013-12-12, 1392/09/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-12, 1392/09/21

Registrant information

Name

Zohreh Haghghat Dana

Name of organization / entity

Isfahan University Of Medical Science

Country

Iran (Islamic Republic of)

Phone

Email address

haghghatdana@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences, 391329

Expected recruitment start date

2012-08-22, 1391/06/01

Expected recruitment end date

2012-10-06, 1391/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of childbirth training workshop effects on knowledge, attitude and childbirth type in mothers and couples

Public title

Effect of childbirth training workshop on knowledge, attitude and childbirth type

Purpose

Health service research

Inclusion/Exclusion criteria

The inclusion criteria: women with the first pregnancy being at 26-32 weeks' gestation and their husbands; literate couples; no acute obstetric and pregnancy-related complications; not suffering from specific underlying diseases; lack of diagnosable medical conditions leading to cesarean; not suffering from psychological disorders; absence of unwanted pregnancy; having physical and psychological health to participate actively in the workshop. The exclusion criteria: absence of pregnant women and their husbands in training sessions; failure to fill in the questionnaire; incidence of a specific disease or problem during research conduction which hinders the research procedure; requires complete rest.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **180**

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**

Isfahan University Of Medical Sciences

Street address

Azadi Square, Isfahan

City

Isfahan

Postal code**Approval date**

2013-01-19, 1391/10/30

Ethics committee reference number

391329

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

Education and counseling to reduce cesarean

ICD-10 code

Z71.9

ICD-10 code description

Counseling, unspecified

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

Knowledge and Attitudes About Pregnancy And Childbirth

Timepoint

Prior to the Intervention, Immediately After Intervention, One Month After Intervention, After Delivery

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Childbirth Type

Timepoint

Postpartum

Method of measurement

Questionnaire

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

Intervention Group, Mothers Group: Workshop Training for Pregnant Women/ Three Educational Sessions/ Three Consecutive Weeks/ 12 Hours/ Questionnaire

Category

Prevention

2**Description**

Intervention Group, Couples Group: Workshop Training for Pregnant Women and Their husbands/ Three Educational Sessions/ Three Consecutive Weeks/ 12 Hours/ Questionnaire

Category

Prevention

3**Description**

Control Group: No Action/ Questionnaire

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

18 Selected Health Centers In Isfahan

Full name of responsible person

Mahboubeh Valiani

Street address

School of Nursing and Midwifery, Isfahan University Of Medical Science, Isfahan, Iran.

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University Of Medical Sciences

Full name of responsible person

School Of Nursing And Midwifery

Street address

Isfahan University Of Medical Sciences, Azadi Square, Isfahan

City

Isfahan

Grant name

Grant code / Reference number

391329

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

Yes

Title of funding source

Isfahan 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

Isfahan University Of Medical Sciences

Full name of responsible person

Mahboubeh Valiani

Position

Master

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Mahboubeh Valiani

Position

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Contact

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Position

Master Student

Other areas of specialty/work

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City

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Postal code

Phone

00

Fax

Email

Haghghatz@yahoo.com

Web page address

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