

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 2026

### The effect of education based on the theory of planned behavior to improve performance in exclusive breastfeeding mothers

#### Protocol summary

##### Summary

We investigated the effect of education on the basis of the theory of planned behavior to promotion of exclusive breast-feeding performance in primiparous done. Population of primiparous women in their eighth month in Kashan health centers. Sample size of 112 people. Stage sampling method was used to select samples randomly placed in the intervention and control groups. Inclusion criteria: nulliparous women; women in eighth month of pregnancy; their consent to participate in the study and a medical records at the center of the study. Exclusion criteria included: infant mortality; migration; death of mother; postpartum depression; maternal or infant illness; consent to participate in the study and the continued absence of women in training sessions ( absences is more than one session) is.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013092914817N1**

Registration date: **2014-04-26, 1393/02/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-04-26, 1393/02/06

##### Registrant information

###### Name

Fahimeh Mahboubi Qzaany

###### Name of organization / entity

Univercity of Arak

###### Country

Iran (Islamic Republic of)

###### Phone

+98 86 1366 8888

###### Email address

f.ebrahimi@mail.sbu.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

" Arak University of Medical Sciences"

###### Expected recruitment start date

2013-02-19, 1391/12/01

###### Expected recruitment end date

2013-03-06, 1391/12/16

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of education based on the theory of planned behavior to improve performance in exclusive breastfeeding mothers

###### Public title

The effect of education to improve performance in exclusive breastfeeding mothers

###### Purpose

Health service research

###### Inclusion/Exclusion criteria

Inclusion criteria: Nulliparous women; women in eighth month of pregnancy; their consent to participate in the study and a medical records of the study center and Exclusion criteria: infant mortality; migration; death of mother; postpartum depression; maternal or infant illness; lack of satisfactory pregnant women participated in the study and the absence of ongoing training sessions (absences of more than one session) is

###### Age

From **18 years** old to **37 years** old

###### Gender

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **112**

**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**

Arak University of Medical Sciences

**Street address**

Sardashat , Basij Sq , Pardis Educational Complex,  
Arak

**City**

Arak

**Postal code**

38481-7-6941

**Approval date**

2012-12-03, 1391/09/13

**Ethics committee reference number**

91-138-5

**Health conditions studied**

1

**Description of health condition studied**

Relationship education based on the theory of planned behavior on the promotion of exclusive breast-feeding performance

**ICD-10 code**

-

**ICD-10 code description**

-

**Primary outcomes**

1

**Description**

Not using dry milk feeding up to 6 months

**Timepoint**

Until 6 months after delivery

**Method of measurement**

Czech List and Questionnaire Performance

2

**Description**

Do not use other foods until 6 months of age

**Timepoint**

Until 6 months after delivery

**Method of measurement**

Czech List and Questionnaire Performance

**Secondary outcomes**

1

**Description**

Promotion of exclusive breast-feeding performance

**Timepoint**

Until 6 months after delivery

**Method of measurement**

Czech List and Questionnaire Performance

**Intervention groups**

1

**Description**

In the experimental group held two sessions, each lasting 120 minutes and an instructional booklet on breast milk be given to participants.

**Category**

Lifestyle

2

**Description**

The control group will receive training hospital

**Category**

Lifestyle

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Kashan city health centers

**Full name of responsible person**

Dr.nasrin roozbahani

**Street address**

Mustafa Khomeini, Golestan Koi, Department of Public Health

**City**

Arak

**Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr Davood Hekmatpou

**Street address**

Sardashat, Basij SQ, Arak University of Medical Sciences

**City**

Arak

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Arak 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**

Arak University of Medical Sciences Department of Public Health

**Full name of responsible person**

fahimeh mahboubi Qzaany

**Position**

Msc

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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**Full name of responsible person**

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**Position**

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### Person responsible for updating data

**Contact****Name of organization / entity**

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**Full name of responsible person**

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**Position**

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fahimeh.mahboobi@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*

