

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Effect of self care education through telephone Call on prevention of Gestational Diabetes among women who refer to Abadan's clinics 2017

Protocol summary

Summary

The purpose of this is to examine the effect of self care education through telephone call regarding follow up procedure in pregnant women with risk factors for gestational diabetes. Inclusion criteria need at least two risk factors for gestational diabetes and exclusion criteria at least two non-response telephone call concerned with complications of pregnancy other than diabetes. This study is randomized clinical trial and studies the pregnant women who refer to health center of Abadan. Cases will be selected among 1000 pregnant women (8w) and having 2 risk factors for gestational diabetes. pregnant women, they will be divided in 2 groups randomly after demographic form (i.e., age, age of pregnancy, level of education ect...). They will be the intervention group receive calls about diet, exercise, sings of diabetes every ten days during 28 weeks of pregnancy. Control group will not do any intervention. We will test of Glucose Challenge Test and Body Mass Index on two groups at the end of 28 weeks of pregnancy. For women who have suspect Glucose Challenge Test over 130 miligram on deciliter) we will do Oral Glucose Tolerance Test. Finally, the evaluation of effect of intervention onset of gestational diabetes will be compared in the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052115995N2**

Registration date: **2017-09-22, 1396/06/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-09-22, 1396/06/31

Registrant information

Name

Zahra Gorjian

Name of organization / entity

Abadan Medical Sciences College

Country

Iran (Islamic Republic of)

Phone

+98 63 1446 5494

Email address

gorjian-z@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

All financial resources of this project are provided by Abadan School of Medical Sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-03-19, 1396/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of self care education through telephone Call on prevention of Gestational Diabetes among women who refer to Abadan's clinics 2017

Public title

Effect of Self Care Education through Telephone Call on the Prevention of Gestational Diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18-35 years old during pregnancy; pregnancy age under 12 weeks; having two risk factors

for getting gestational diabetes (Body Mass Index over 30 kg/m²; History of diabetes in the first class family; History of diabetes in previous pregnancy; History of the birth a baby above 4 kilos); minimum fifth degree elementary education; no addiction and more important of other access to the landing phone or cell phone for calls and Exclusion criteria: disinclination for presence in the study; unresponsive to two calls at least and occurrence of complications related to expect diabetes pregnancy.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **1000**

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**

Abadan School of Medical Sciences

Street address

International Airport of Abadan, opposite of airport's Terminal

City

Abadan

Postal code**Approval date**

2017-06-07, 1396/03/17

Ethics committee reference number

IR.ABADANUMS.REC1396.201

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

O24

ICD-10 code

O24.4

ICD-10 code description

Diabetes mellitus arising in pregnancy

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

Gestational Diabetes

Timepoint

before and after intervention

Method of measurement

GCT test and OGTT test

Secondary outcomes

empty

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

Intervention Group: After the necessary explanations about the method and objectives of the study, from the beginning of the study, using a fixed line or a combination of cell phone, every ten days until the 28th week of pregnancy, they will receive messages including diet, exercise exercises, diabetes symptoms, and so on.

Category

Prevention

2**Description**

Control Group : No intervention was made on this group

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Clinics

Full name of responsible person

Zahra Gorjian

Street address**City**

Abadan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Abadan School of Medical Sciences

Full name of responsible person

Mrs. Hajari

Street address

International airport of Abadan - Deputy of Education, Research and student

City

Abadan

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

Yes

Title of funding source

Abadan School 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**

Abadan School of Medical Sciences, Abadan, Iran

Full name of responsible person

Zahra Gorjian

Position

Faculty Member

Other areas of specialty/work**Street address**

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Full name of responsible person

Zahra Gorjian

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Faculty Member

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Abadan

Postal code**Phone**

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Fax**Email****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