

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The Effect of self-efficacy-based training package on maternal self-confidence and Sense of competency of primiparous for infant caring

#### Protocol summary

##### Summary

The aim of this randomized controlled clinical trial is to evaluate the effect of self efficacy-based training package on maternal self-confidence and Sense of competency of primiparous women for infant care. Inclusion criteria were primiparous women without postpartum depression and a normal infant and exclusion criteria were do not reading instructional book and Not possible to turn both telephone counseling. This study was conducted on 60 primiparous first mothers (30 control,30 intervention) referred to health care centers of Mashhad. self efficacy-based training package consisting of a face to face training sessions, instructional booklet contains common questions and answers, instructional videos and two sessions of telephone counseling was prepared and implemented for intervention group. The control group just received routine care. The intervention began 10-15 days after birth outcomes of the study included the maternal self efficacy, self-confidence and sense of competence, that were completed before and eight weeks after intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014012416335N1**

Registration date: **2014-03-16, 1392/12/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-03-16, 1392/12/25

##### Registrant information

##### Name

Elham Azmoude

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1859 1511

##### Email address

azmoudehe901@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Mashhad University of Medical Sciences

##### Expected recruitment start date

2013-08-23, 1392/06/01

##### Expected recruitment end date

2013-12-22, 1392/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of self-efficacy-based training package on maternal self-confidence and Sense of competency of primiparous for infant caring

##### Public title

Effect of training on maternal's self-confidence and Sense of competency

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: being primiparous; residing in Mashhad; feasibility of calling; singleton pregnancy and normal gestational week; absence of medical diseases; Health baby without abnormalities; living with spouse; absence of history of infertility and mental illness or psychiatric drugs using; not suffering from postpartum

depression; absence of substance abuse. Excursion  
Criteria: a degree in Medical Sciences; stressful event during the study; not wanting to continue survey; infants hospitalization during the study or his separation from the mother for any reason; infant death; not possible to connect both calls; reading less than half of the pages of booklet; not seeing educational film.

**Age**

To 1 year old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 60

**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**

Mashhad University of Medical Sciences

**Street address**

mashhad, St. daneshgah

**City**

Mashhad

**Postal code**

920229

**Approval date**

2013-08-19, 1392/05/28

**Ethics committee reference number**

920229

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

Optimal Care for Infants

**ICD-10 code**

Z76.2

**ICD-10 code description**

Health supervision and care of other healthy infant and

child

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

maternal self efficacy

**Timepoint**

before intervention + Two months after the start of the intervention

**Method of measurement**

Reece expectation survey

**2****Description**

Maternal self confidence

**Timepoint**

Before intervention, Two months after the start of the intervention

**Method of measurement**

Lips maternal self confidence

**3****Description**

Maternal sense of competency

**Timepoint**

Before intervention, Two months after the start of the intervention

**Method of measurement**

Parenting sense of competency

**Secondary outcomes**

empty

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

The intervention group are trained by using self efficacy promotions Strategies, including of: a face to face training sessions on the first day of intervention, instructional booklet contains common questions and answers and 30 minute instructional videos, that the subjects were given the same day and two sessions of telephone counseling , that were conducted one and three weeks after the start of intervention.

**Category**

Behavior

**2****Description**

The control group were received routine postpartum training.

**Category**

N/A

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Health Care Centers of Mashhad

**Full name of responsible person**

Farzane Jafarnejad

**Street address**

Mashhad School of Nursing and Midwifery

**City**

Mashhad

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Research Council of Mashhad University of Medical Sciences

**Full name of responsible person**

Dr.Tafaghodi

**Street address**

Building Qureshi, Daneshgah Ave, Mashhad, Iran

**City**

Mashhad

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Research Council of Mashhad 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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Elham Azmoude

**Position**

MSc in Midwifery

**Other areas of specialty/work**

**Street address**

Mashhad School of Nursing and Midwifery, Four-way Phd, Mashhad, Iran

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**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

School of Nursing and Midwifery, Mashhad

**Full name of responsible person**

Farzaneh Jafarnejad

**Position**

MSc in Midwifery, Faculty member of School of Nursing and Midwifery, Mashhad

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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**Position**

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**Other areas of specialty/work**

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**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*