Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Survey the effect of kangaroo mother care on maternal general health

Protocol summary

Summary

The present study is a randomized clinical trial on 100 women who give birth to a child in Imam Khomeini hospitals in 2014 and its aim is to determine the effect of kangaroo care on the general health status of mothers after delivery. Inclusion criteria: natural child birth, term pregnancy, 1stpregnancy and a healthy baby and mother's age between 18 to 35 years. Exclusion criteria: Mother's infection, diagnosed mental illness, baby hospitalization. Data collection tools are demographic characteristics questionnaire and Goldenberg general health questionnaire which items are physical health, anxiety, social functioning, and depression. With reference to the postpartum ward, the general heath questionnaire is completed by the women who spend the first day of the delivery. If they score over 23 they are chosen as research samples and are placed in two groups, case and control, randomly. Kangaroo care case group takes place, two times per day and each time half an hour for two months. The educational pamphlet and also KMC CD and its benefits are given to mothers. GHQ will be completed by researcher at the end of the first week, first month, second month through telephone. The control group gets necessary training and education on the benefits of routine care of the newborn baby and mother and baby & mother skin contact and the Questionnaire is completed by the end of the first week, first month, second month. Health scores of the two groups are compared, and the results will be announced

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014052117787N1**
Registration date: **2014-11-22, 1393/09/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-11-22, 1393/09/01

Registrant information

Name
Najme Palizvan
Name of organization / entity
Ahvaz Jundishapur University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 61 1373 8621
Email address
palizvan.n@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2014-04-28, 1393/02/08

Expected recruitment end date

2014-05-10, 1393/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey the effect of kangaroo mother care on maternal general health

Public title

The Effect of Kangaroo Mother Care on Maternal General Health

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: natural child birth, Term pregnancy, first pregnancy, mother's age between 18 to 35 years,

healthy baby Exclusion criteria:Mother's infection; diagnosed mental illness; baby hospitalization

Age

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

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

If score achieved is more than 23, research samples will be selected and they will be numbered from 1 to 100, then randomly samples having even numbers will be placed in case group and those having odd numbers in control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Jundishapur University of Medical Sciences, Ahvaz, Iran

Street address

Golestan Street, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

Postal code

Approval date

2014-04-27, 1393/02/07

Ethics committee reference number

rec.1393.20.agums

Health conditions studied

1

Description of health condition studied

General health status after childbirth

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Promotion of Maternal General Health

Timepoint

First day, End of First week, End of First month, End of Second month

Method of measurement

By Goldenberg's General Health Questionnaire

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Intervention group: A researcher teaches attentive samples into group and some of the mothers individual.Kangaroo care brochures and C.D s are given to mothers

Category

Other

2

Description

control group: .Essential training for usual care of newborn baby is given

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital of Ahwaz

Full name of responsible person

Najme Paliznan

Street address

Azadegan Street, Imam Khomeini Hospital, Ahvaz, Iran

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Full name of responsible person

Mostafa Feghhi

Street address

Golestan street, Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

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, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

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

Jundishapur University of Medical Sciences

Full name of responsible person

Najme Palizvan

Position

Student of Master of Science (M.S.) in midwifery

Other areas of specialty/work

Street address

Golestan Street, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

Postal code

Phone

+98 61 1373 8331

Fax

+98 61 1373 8333

Email

palizvan.najme1200@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Jundishapur University of Medical Sciences

Full name of responsible person

Najme Palizvan

Position

Student of Master of Science (M.S.) in midwifery

Other areas of specialty/work

Street address

Golestan street, Ahvaz Jundishapur University of Medical sciences, Ahvaz, Iran

City

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Postal code

Phone

+98 61 1373 8331

Fax

+98 61 1373 8333

Email

palizvan.najme1200@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Jundishapur University of Medical Sciences

Full name of responsible person

Najme Palizvan

Position

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Fax

+98 61 1373 8333

Email

palizvan.najme1200@gmail.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