

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The comparison of the effect of training to group discussion method with the multimedia package on the learning and nutritional status in pregnant women

Protocol summary

Summary

The purpose of this study is to the comparison of the effect of training to group discussion method with the multimedia package on the learning and nutritional status in pregnant women. Inclusion criteria: gestational age between 6 to 10 weeks; having the possibilities of using multimedia package in the home and lack of experience a stressful event during 2 recent months. Exclusion criteria: no follow up and request to withdraw from the study at any stage; lack of participation regularly and according to designed training Program and the incidence of stressful event for the samples during the study. For this clinical trial 180 pregnant women will be selected by using quota sampling technique from Gonabad and Mashhad cities. Participants randomly into three groups multimedia package, group discussion and control will be assigned. After obtaining informed consent, the questionnaires will be completed in three groups. For mothers in multimedia group will be loaned a DVD about nutrition during pregnancy for 2 weeks. People in group discussion were divided into 8 groups of 8 to 12 members and will be taught by group discussion method over three 90 minute sessions. During the study, all three groups will be received routine prenatal cares, with this difference that educational intervention will be done only in groups of multimedia package and group discussion. One month after the intervention, the questionnaires will be completed in three groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016091117800N3**

Registration date: **2016-10-11, 1395/07/20**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-10-11, 1395/07/20

Registrant information

Name

Samane Najafi

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Gonabad university of medical sciences

Expected recruitment start date

2016-10-22, 1395/08/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effect of training to group discussion method with the multimedia package on the learning and nutritional status in pregnant women

Public title

The comparison of training to group discussion method with the multimedia package

ص/1145/92

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: gestational age between 6 to 10 weeks; do not receive other training or caring plan associated with the nutrition in pregnancy during the study; having the possibilities of using multimedia package in the home; having ability to read and write; lack of experience a stressful event during 2 recent months. Exclusion criteria: having the severe pica for a particular food; certain diseases with than once from educational session's special medical regimen, no follow up and request to withdraw from the study at any stage; lack of participation regularly and according to designed training Program; the incidence of stressful event for the samples during the study.

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: **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

Ethics committee of Gonabad university of medical sciences

Street address

Gonabad university of medical sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

Postal code

Approval date

2013-08-06, 1392/05/15

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

The comparison of the training to group discussion method with the multimedia package on the learning and nutritional status in pregnant women

ICD-10 code

Z34.0

ICD-10 code description

Supervision of normal first pregnancy

Primary outcomes

1

Description

The learning

Timepoint

Immediately before intervention and one month after intervention

Method of measurement

The researcher made questionnaire for the survey of the learning in three cognitive, affective and psychomotor domains and "Kolb" learning style questionnaire.

Secondary outcomes

1

Description

Nutritional status

Timepoint

Immediately before intervention and one month after intervention

Method of measurement

Food frequency instrument

Intervention groups

1

Description

The intervention group consisted of two groups multimedia package and discussion groups. For mothers in multimedia group will be loaned a DVD about nutrition during pregnancy for 2 weeks. People in group discussion were divided into 8 groups of 8-12 members and will be taught by group discussion method over three 90-minute sessions.

Category

Lifestyle

2

Description

In control group only routine prenatal cares will be provided and will not receive any intervention.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health care centers of Gonabad and Mashhad cities

Full name of responsible person

Samane Najafi

Street address

Gonabad university of medical sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Gonabad university of medical sciences

Full name of responsible person

Dr. Ali Mohammadpour

Street address

Gonabad university of medical sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

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, Gonabad 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

Gonabad university of medical sciences

Full name of responsible person

Samane Najafi

Position

MSc in nursing education

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