

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

The effect of hearing Quran on maternal and postpartum depression

Protocol summary

Summary

(1) Objective: determining the effect of hearing Quran on maternal and postpartum depression. (2) Design: for this clinical trial 60 pregnant women referred to health centers of Gonabad city will be selected based on the inclusion criteria and by using systematic randomized method and at first, the Adinburgh depression inventory will be completed and those who score 12 and above will randomly assigned to two groups of control and intervention. (3) Setting and conduct: the control group will receive just the routine care. In the intervention group, the CD of Quran voice will be delivered for listening at home in addition to receiving routine care. Then the questionnaire will be completed in both groups once after the end of the intervention (34-36 weeks of pregnancy) and again at 8 weeks after delivery. (4) Participants including major eligibility criteria: inclusion criteria are reading and writing literacy; age between 18-35 years old; lack of extreme stressful event in the last three months; no history of smoking and drugs; primiparity; gestational age between 20-24 weeks; no disorder in the auditory system; lack of depression and known mental disease; health of the fetus based on ultrasonography and no specific problems; monogamy and no decision for divorce; being Muslim and Iranian citizenship. Exclusion criteria are request to withdraw from the study at any stage; hospitalization or death of the baby; preterm labor during the intervention; serious mental problems such as the death of first-degree family members during the intervention and with chronic Disease during the intervention. (5) Intervention: in the intervention group, after the pre-test, the CD-ROM of the Qur'an voice will be delivered for listening at home. Participants in this group will listen to Surah al-Zamar on thursday night, and on thursday night, Surah Yasin will be listening on the seventh and eighth months of pregnancy. (6) Main outcome measures: these variables are maternal and postpartum depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017101317800N4**

Registration date: **2017-10-31, 1396/08/09**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-10-31, 1396/08/09

Registrant information

Name

Samane Najafi

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 53 3722 5027

Email address

najafi.s@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Gonabad University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2017-12-22, 1396/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of hearing Quran on maternal and postpartum depression

Public title

Maternal and postpartum depression

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: reading and writing literacy; age between 18-35 years old; lack of extreme stressful event in the last three months; no history of smoking and drugs; primiparity; gestational age between 20-24 weeks; no disorder in the auditory system; lack of depression and known mental disease; health of the fetus based on ultrasonography and no specific problems; monogamy and no decision for divorce; being Muslim; Iranian citizenship. Exclusion criteria: request to withdraw from the study at any stage; hospitalization or death of the baby; preterm labor during the intervention; serious mental problems such as the death of first-degree family members during the intervention; with chronic Disease during the intervention.

Age

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

Gender

Female

Phase

2

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**

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**

2016-02-24, 1394/12/05

Ethics committee reference number

IR.GMU.REC.1394.77

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

Bipolar affective disorder, current episode mild or moderate depression

ICD-10 code

F31

ICD-10 code description

Bipolar affective disorder, current episode mild or moderate depression

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

Maternal and postpartum depression

Timepoint

Before and after the intervention

Method of measurement

The standard Adinburgh depression inventory

Secondary outcomes

empty

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

In the intervention group, after the pre-test, the CD-ROM of the Qur'an voice will be delivered for listening at home. Participants in this group will listen to Surah al-Zamar on thursday night, and on thursday night, Surah Yasin will be listening on the seventh and eighth months of pregnancy.

Category

Other

2**Description**

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

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Care Centers of Gonabad city

Full name of responsible person

Samane Najafi

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Web page address

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

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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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Person responsible for updating data

Contact

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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