

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Impact of peer education on breastfeeding self-efficacy in primiparous women

Protocol summary

Summary

The aim of present study was to examine the impact of peer education on breastfeeding self-efficacy in primiparous women. Inclusion criteria included: pregnancy, nulliparous women, 36-35 weeks gestation (nine months), singleton pregnancy, not having a physical or mental illness, absence of special treatment, absence of pregnancy and delivery complications (bleeding and preeclampsia, etc.), have a healthy baby without any congenital defects and exclusion criteria: having a premature and need special care after birth. Population Primiparous women (36-35 weeks gestation) are referred to health centers in Damghan. 6 health centers to be selected and randomly divided into two groups, control and intervention groups and then the samples from each center were randomly selected for a quota. The control group received two sessions of breastfeeding educational routine care in the health center (before and after delivery). Interventional group received more than routine care two sessions of breastfeeding education in before and after delivery from a peer that qualified and full experienced two years of successful breastfeeding. The outcome variable in this study is breastfeeding self-efficacy were measured with questionnaire at eight weeks postpartum.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014060717972N3**

Registration date: **2014-06-27, 1393/04/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-27, 1393/04/06

Registrant information

Name

Zahra Godarzi

Name of organization / entity

School of Nursing and Midwifery, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-06-21, 1392/03/31

Expected recruitment end date

2013-12-21, 1392/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of peer education on breastfeeding self-efficacy in primiparous women

Public title

Impact of Breastfeeding Peer Education

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: nulliparous pregnant women; 35-36 weeks gestation (nine months); singleton pregnancy; not having a physical or mental illness; lack of special treatment Interested in participating in a study; the

absence of structural defects in the breast; not smoking and alcohol and drug abuse; lack of pregnancy and childbirth complications (hemorrhage and preeclampsia, etc.); have a healthy baby without any congenital defects
Exclusion criteria: having a premature baby; needs special care after birth

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: **120**

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**

Tehran University of Medical Sciences

Street address

Building 43, Ghods Street, Keshavarz Street,
Reaserch of Tehran University of Medical Sciences,

City

Tehran

Postal code

1419733171

Approval date

2013-07-27, 1392/05/05

Ethics committee reference number

92/130/814/3

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

breastfeeding routin care

ICD-10 code

Z39.2

ICD-10 code description

Routine postpartum follow-up

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

breastfeeding self-efficacy

Timepoint

two months after ending intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

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

The control group received two sessions of breastfeeding educational routine care in the health center (before and after delivery).

Category

Prevention

2**Description**

Interventional group received more than routine care two sessions of breastfeeding education before and after delivery from a peer that qualified and full experienced two years of successful breastfeeding

Category

Prevention

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

6 Urban Health Centers in Damghan

Full name of responsible person

Mahboobe Saeidi

Street address**City**

Damghan

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

School of Nursing and Midwifery, Tehran University of Medical Science

Full name of responsible person

Zahra Godarzi

Street address

Nosrat Sharghi Street, Tohid square

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

School of Nursing and Midwifery, Tehran University of Medical Science

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

Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

Zahra Godarzi

Position

Faculty Member School of Nursing and Midwifery, Tehran University of Medical Science

Other areas of specialty/work

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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