Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effects of emotion regulation training on The level of Mother-to-Child Attachment in Mothers of Insecure Attachment in the First Pregnancy

Protocol summary

Summary

This study investigates the effects of emotion regulation training on mother-infant attachment in Mothers of Insecure Attachment in the First Pregnancy. Inclusion criteria: women 18-35 years old; pregnant; 30-34 week gestational age, at least secondary education, insecure attachment, lack of following in the past year: chronic diseases, mental disorders, major, on a psychiatrist or admitted drug consumption ; drug addiction. Exclusion criteria: Cancel mother; absence of more than one session, doing homework, birth before 37 weeks and after 41 weeks, weighing less than 2500 and more than 4000 grams. Random sampling method that divided the mothers into two groups. Two health centers in Mashhad, were selected randomly. The mother's eligible for both health center - treatment through questionnaires attachment Collins and Reid are determined. Mothers entered the study are insecure. Cassidy and Kranly completed questionnaires in both groups. For the intervention group, 8 sessions of emotional regulation based on dialectical behavior therapy, a two-hour sessions a week for two months in the training room runs. At the last meeting questionnaires Cassidy, Collins, Kranly and re-completed. The control group did not and only health center to receive prenatal care. 15-19 days after delivery to the filing mothers to newborns are admitted to both

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014100519407N1**
Registration date: **2015-10-30, 1394/08/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-10-30, 1394/08/08

Registrant information

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Recruitment status

Recruitment complete

Funding source

Research deputy of Mashhad University of Medical Sciences

Expected recruitment start date

2014-11-13, 1393/08/22

Expected recruitment end date

2015-03-10, 1393/12/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of emotion regulation training on The level of Mother-to-Child Attachment in Mothers of Insecure Attachment in the First Pregnancy

Public title

The effects of emotion regulation training on maternal attachment to the baby in the mother's first pregnancy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria for mothers: informed consent; gestational age between 30 and 34 weeks according to records; insecure attachment style mother by questionnaire Collins-Reed; age 18 to 35 years; first pregnancy; mothers at least guidance; lack of disease chronic mother like diabetes, hypertension, heart disease and epilepsy; the absence of major psychological disorders, psychiatric history, medication or hospitalization due to mental illness in the mother during the last year; no abuse and addiction drugs and stimulants, according to parents and health care records in; the absence of major stress in recent years (mother or wife's serious illness, death of a close, migration). Exclusion criteria during the study: criteria related to the mother include: withdrawing from further participation in the training sessions; the absence of the mother in more than a training session doing homework outside of class for more than one session; taking stimulants, narcotics, alcohol and smoking in our study; the incidence of major stress during the study period; the incidence of severe complications of pregnancy; separation of mother and baby for more than 24 hours after birth and during the study period; the mother died. Criteria for the newborn: birth before 37 weeks or after 41 weeks; birth weight less than 2,500 or more than 4,000 grams; congenital malformations in infants to prevent mother hugging baby; the baby died.

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: **20**

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

Research deputy, Mashhad University of Medical Sciences

Street address

Research deputy, Qureshi Building, Daneshgah Street, Doctora Crossroads, Mashhad

City

mashhad

Postal code

Approval date

2014-10-28, 1393/08/06

Ethics committee reference number

research/930155/1/180

Health conditions studied

1

Description of health condition studied

Mothers in the First Pregnancy

ICD-10 code

Z34.0

ICD-10 code description

Supervision of normal first pregnancy

Primary outcomes

1

Description

The level of Mother-to-Child Attachment

Timepoint

15-19 days after delivery, after intervention

Method of measurement

Muller Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention1: Mother's insecure groups, trained in dialectical behavior therapy based on emotion regulation, at 8 weeks and 11-13 hours on Sundays every week (for two months).

Category

Behavior

2

Description

Intervention2: The control group only prenatal Health center according to the protocol, received no intervention does not occur to them

Category

N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Health Center Shahrak-e-lashkar
Full name of responsible person
Reyhani Tayebe
Street address
Fatemiyeh 14-blvd Shahid Fallahi
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2

Recruitment center
Name of recruitment center
Health Center Najafi
Full name of responsible person
Reyhani Tayebe
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Piroozi blvd
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research deputy, Mashhad University of Medical Sciences
Full name of responsible person
Dr Mohsen Tafaghodi
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Qureshi Building, Daneshgah Street, Doctora Crossroads, Mashhad
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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
Research deputy, 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

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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