

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Effect of text message based education on self_efficacy and practice of pregnant women to cope with labor

Protocol summary

Summary

This study randomized clinical trial of the effect of education via short text message to efficacy and practice to cope with labor. The demographic questionnaire and self-delivery (CBSEI) by research units in the week prior to the intervention in 16-20 gestational age by control group and treatment group, take mobile phone number of treatment and send short message to cellular phone for them, 3 days per week and 2 short message per day.(6 in week) during weeks 37-20 gestational age the pertinent literature are designed with gestational age was based Short message Lamaze method involves the birth canal, the onset of labor, benefits and disadvantages of delivery and the actual labor pain, pain reduction techniques such as relaxation techniques . breathing, music therapy, strengthening the internal force and scheduled for delivery will be sent the post-test, which consists of two stages, one at 38 weeks of gestation, and 24 hours after delivery to the questionnaire 24 hours after delivery and viewing researcher labor performance was evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015020220911N1**

Registration date: **2015-02-20, 1393/12/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-20, 1393/12/01

Registrant information

Name

Shervin Forouzanmehr

Name of organization / entity

Ahwaz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Ahwaz University of Medical Sciences

Expected recruitment start date

2014-05-31, 1393/03/10

Expected recruitment end date

2014-11-01, 1393/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of text message based education on self_efficacy and practice of pregnant women to cope with labor

Public title

The effect of education on women by SMS

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Over 18 and under 35 years of age, single pregnancy, having a mobile, literate, primigravida; 16_20 weeks gestational age. Exclusion criteria: having any symptoms of any disease or medical complications of pregnancy, birth control known indications (narrow pelvis, placenta previa, or myomectomy surgery), history of participation in childbirth preparation classes, the presence of chronic diseases.

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: **150**

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

Ahwaz University of Medical Sciences

Street address

Ahwaz University of Medical Sciences, Golestan Avenue, Ahwaz

City

Ahwaz

Postal code

635715794

Approval date

2014-03-15, 1392/12/24

Ethics committee reference number

ajums.REC.1393.10

Health conditions studied

1

Description of health condition studied

pregnancy

ICD-10 code

Z34.0

ICD-10 code description

Supervision of normal first pregnancy

Primary outcomes

1

Description

Pregnant women self-efficacy in coping with labor

Timepoint

Before and at 38 weeks of pregnancy

Method of measurement

questionnaire CBESi

2

Description

practice of pregnant women cope with labor

Timepoint

postpartum(24-48 hours after birth)

Method of measurement

Observation and questionnaire CBSEI

Secondary outcomes

empty

Intervention groups

1

Description

In treatment group during weeks 37-20 gestational age the pertinent literature are designed with gestational age was based Short message Lamaze method involves the birth canal, the onset of labor, benefits and disadvantages of delivery and the actual labor pain, pain reduction techniques such as relaxation techniques . breathing, music therapy, strengthening the internal force and scheduled for delivery will be sent was the post-test, which consists of two stages,During the 17 weeks.

Category

Other

2

Description

control group is with out intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center N2 West,Ahwaz

Full name of responsible person

Master of midwifery/Khadijeh Hekmat

Street address

Xerxes Avenue, Soroush St, Ahwaz.

City

Ahwaz

2

Recruitment center

Name of recruitment center

Health Center N1 Ahwaz

Full name of responsible person
Master of midwifery Khadije Hekmat
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Mosalla Avenue, Ahvaz
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3

Recruitment center
Name of recruitment center
Health Center N2 East,Ahvaz
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N8, Asiabad St, Ahvaz
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4

Recruitment center
Name of recruitment center
Health Center N3 West, Ahvaz
Full name of responsible person
Master of midwifery/Khadijeh Hekmat
Street address
Soroush St, Kiyan Avenue, Ahvaz
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Nader Saki
Street address
Adjacent to the Central Organization Department of
Development Research and Technologies
City
Ahvaz
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes
Title of funding source
Ahvaz 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
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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*