

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of cognitive behavioral counseling and Solution-focused counseling on postpartum blues and depression compared with routine pregnancy care

Protocol summary

Summary

Objectives: the objective of this trial is to compare the effects of cognitive behavior and Solution-focused counseling on reduce blues and depression after childbirth. Design: a single blind, randomized clinical trial. Setting and conduct: In this study, nullipar pregnant women at 30-35 weeks of pregnancy after obtaining informed consent, based on blocks with size of six were randomly divided into 3 groups, cognitive behavioral and solution-focused counseling and a control group. Inclusion criteria: nullipar pregnant women and at least a primary education, history of mental illness in the past, and lack of antenatal classes. Exclusion criteria: Mental illnesses, including schizophrenia, depression, anxiety in the past, and this pregnancy. Intervention: during three sessions of cognitive behavioral counseling and oriented solutions counseling during the two weeks of pregnancy is 30-35 weeks and the control group use regular prenatal care and then on 5 and 15 postpartum Stein and Edinburgh questionnaire to be completed and then mean blues and depression can be compared with each other

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015052522407N1**
Registration date: **2015-08-15, 1394/05/24**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-08-15, 1394/05/24

Registrant information

Name

Somayeh Ramezani

Name of organization / entity

Shahroud 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; Shahroud University of Medical Sciences

Expected recruitment start date

2015-08-11, 1394/05/20

Expected recruitment end date

2015-11-11, 1394/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavioral counseling and Solution-focused counseling on postpartum blues and depression compared with routine pregnancy care

Public title

The effect of cognitive behavioral counseling and Solution-focused counseling on postpartum blues and depression

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: nullipar pregnant women; women at least with a primary education; no participating in prenatal care education classes. Exclusion criteria: mental illnesses; including schizophrenia; depression or anxiety in the past and during the current pregnancy.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **78**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Shahroud University of Medical Sciences

Street address

Central building of Shahroud university of medical sciences ,Hafte Tir Square, Shahroud

City

Shahroud

Postal code

3614773955

Approval date

2015-07-15, 1394/04/24

Ethics committee reference number

IR.shmu.rec.1394.67

Health conditions studied

1

Description of health condition studied

Pregnant women

ICD-10 code

F53

ICD-10 code description

Mental and behavioural disorders associated with the

puerperium, not elsewhere classified

Primary outcomes

1

Description

Postpartum blues

Timepoint

Prior to intervention and five and fifteen days after childbirth

Method of measurement

Stien standard questionnaire

2

Description

Depression

Timepoint

Prior to intervention and five and fifteen days after childbirth

Method of measurement

Edinburgh questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:cognitive-behavioral counseling in three sessions of two hours

Category

Prevention

2

Description

Intervention group: Solution-focused counseling in two sessions of two hours

Category

Prevention

3

Description

Control group: routine care during pregnancy

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Azima health center

Full name of responsible person

Somayeh Ramezani

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahroud university of medical sciences

Full name of responsible person

Ahmad Khosravi

Position

Faculty member

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice Chancellor for research; Shahroud University of Medical Sciences

Full name of responsible person

Dr Mohammadhasan Emamian

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Central building of Shahroud university of medical sciences, Hafte Tir Square, Shahroud .

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; Shahroud 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**

Shahroud university of medical sciences

Full name of responsible person

Somayeh Ramezani

Position

MAster science of student counseling midwifery

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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