

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

Comparison of the effects of group and individual health counseling on knowledge, attitude and choice of delivery mode in first pregnant women

Protocol summary

Summary

This is a randomized, clinical trial study by aim of comparison the effects of group and individual health counseling on knowledge, attitude and choice of delivery mode in nulliparous women in Dezful city. The nulliparous women in 20 to 26 weeks of pregnancy, who come to the health centers for performing their prenatal care, will be included in the study after receiving verbal and written consent. The women with a normal situation for vaginal delivery will be interviewed to determine their delivery method's tendency and if they select the cesarean delivery method, they by using closed envelopes and randomly assigned into two groups: group counseling (50 women) and individual counseling (50 women). At the beginning and after the counseling sessions, each group should fill up a pre-test and post-test questionnaire to assess their knowledge, attitude and delivery method's choice. The researcher will manage the counseling sessions. Finally, their delivery function will be assessed in the hospital or by evaluating their documents.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015061422720N1**

Registration date: **2015-09-01, 1394/06/10**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-09-01, 1394/06/10

Registrant information

Name

Mahnaz Nosratabadi

Name of organization / entity

Ahvaz Jundishapur University Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3333 3477

Email address

nosratabadi.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Ahvaz University of Medical Sciences

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of group and individual health counseling on knowledge, attitude and choice of delivery mode in first pregnant women

Public title

the effects of health counseling on knowledge, attitude and choice of delivery mode

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria : Iranian; At least primary school education; First pregnancy; Singleton pregnancy; gestational age between 20 to 26 weeks (based on the first day of the last normal menstruation); The applicant

cesarean Exclusion criteria from the study : Highrisk pregnancy (preeclampsia , diabetes, uncontrolled gestational diabetes , a history of preterm delivery , intrauterine fetal death , etc); The history of infertility; Prohibition of vaginal delivery for any reason; without his consent or his wife to continue to participate in counseling sessions

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization method: The names of eligible women by using closed envelopes placed in the bag, and are out of the bag equally and randomly, and are divided into two groups of separate and equally.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz JundiShapur University of Medical Sciences

Street address

University city, Ahvaz

City

Ahvaz

Postal code

61357-15794

Approval date

2015-05-30, 1394/03/09

Ethics committee reference number

ir.ajums.rec.1394.92

Health conditions studied

1

Description of health condition studied

Awareness of the type of delivery

ICD-10 code

-

ICD-10 code description

-

2

Description of health condition studied

Attitude toward the type of delivery

ICD-10 code

-

ICD-10 code description

-

3

Description of health condition studied

Select the type of delivery

ICD-10 code

O83.9

ICD-10 code description

Assisted single delivery, unspecified

Primary outcomes

1

Description

knowledge of delivery mode

Timepoint

Before and one week after intervention the variable is measured .

Method of measurement

Questionnaires to measure knowledge

2

Description

Attitude toward the type of delivery

Timepoint

Before and one week after intervention the variable is measured .

Method of measurement

Questionnaire measuring attitudes

3

Description

Select of delivery mode

Timepoint

Before and one week after intervention the variable is measured

Method of measurement

Questionnaires to measurement the of delivery mode

Secondary outcomes

1

Description

Natural or cesarean delivery

Timepoint

After intervention and childbirth

Method of measurement

Evaluation of individual medical records or a hospital birth

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

One group (group counseling) received choosing birth method counseling. For each group 8 sessions are regulated with 10 to 12 participating in each group . Each session takes 90 to 120 minutes. Each group will received consultation once a week. Consultations is based on health counseling.

Category

Prevention

2**Description**

One group (individual counseling) received choosing birth method counseling. for every participant 8 sessions are regulated. Each session takes 45 to 60 minutes. Each person will received consultation once a week. Consultations is based on health counseling.

Category

Prevention

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

Health centers in the city of Dezful

Full name of responsible person

Nosratabadi Mahnaz

Street address

Square Roghayeh, Street Roosta, Dezful

City

Dezful

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

Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Nader Saki

Street address

Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaze

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, Ahvaz Jundishapur 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**

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Nosratabadi Mahnaz

Position

MSc Midwifery Consultation

Other areas of specialty/work**Street address**

University city, Ahvaze

City

Ahvaz

Postal code

61357-15794

Phone

+98 61 3333 3477

Fax

+98 61 3336 1544

Email

mahnaz.nosratabadi@gmail.ac.com;
nosratabadi.m@ajums.ac.ir

Web page address

www.ajums.ac.ir

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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Hekmat Khadija

Position

Master of Midwifery

Other areas of specialty/work**Street address**

University city, Ahvaze

City

Ahvaz

Postal code

61357-15794

Phone

+98 61 3333 3477

Fax

+98 61 3336 1544

Email

hekmat46@gmail.com

Web page address

www.ajums.ac.ir

61357-15794

Phone

+98 61 3333 3477

Fax

+98 61 3336 1544

Email

nosratabadi.m@ajums.ac.ir

Web page address

www.ajums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Nosratabadi Mahnaz

Position

MSc Midwifery Consultation

Other areas of specialty/work

Street address

University city, Ahvaze

City

Ahvaz

Postal code

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