

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Investigating the effects of optimism training with Training the benefits of natural childbirth on attitude and intentions to choose the mode of delivery

Protocol summary

Summary

The purpose of study: to investigating the effects of optimism training with Training the benefits of natural childbirth on attitude and intentions to choose the mode of delivery. Method: Randomized clinical trial The study population: pregnant women referring to the health centers with Inclusion criteria: First pregnancy and single fetus, Gestational age was 30-34 weeks, - Age between 18-35 years old, No history of infertility, Without indication of cesarean section and Exclusion criteria is Mother does not have a medical condition, AF fluid and position of placenta according to ultrasound was normal Sample size: 96 Intervention study: Optimism training with Training the benefits of natural childbirth derived from Seligman's theory of learned optimism, during 6 session of the 60-minute and training the benefits of natural childbirth group, during 4 session of the 60-minute, have been studied.. Pre-test and post-test was performed with using valid and reliable questionnaire. Data were analyzed with ANOVA test, chi-square, Fisher, Wilcoxon, t-test and using the software SPSS (version 22). Time of the study: November 2014 until February 2015 The main outcome variable: attitude to the mode of delivery.intentions to choose the mode of delivery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015063022995N1**
Registration date: **2015-09-19, 1394/06/28**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-19, 1394/06/28

Registrant information

Name

Mahin Esmaeili Darmian

Name of organization / entity

Faculty of nursing-midwifery of Mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 3621 1299

Email address

esmaeilim911@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mshhad University of Medical Sciences

Expected recruitment start date

2014-11-17, 1393/08/26

Expected recruitment end date

2015-02-15, 1393/11/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effects of optimism training with Training the benefits of natural childbirth on attitude and intentions to choose the mode of delivery

Public title

the effects of optimism training and Training the benefits of natural childbirth during pregnancy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1- Iranian nationality and living in

Mashhad city; 2- At least primary education; 3- Singleton pregnancy and live fetus with cephalic presentation; 4- Without indication of cesarean section; 5- Gestational age According to first trimester ultrasound and last menstrual period was 30-34 weeks; 6- First pregnancy; 7- AF fluid and position of placenta according to second trimester ultrasound was normal; 8- Age between 18-35 years old; 9- No history of infertility; 10- BMI was in range 19/8-29; 11- Own and his wife are employees of medical staff; 12- In the first trimester of ultrasound fetal abnormality is not detected; 13- Mother does not have a medical condition; 14- During the last 6 months have been intense spiritual emotions; 15- During the pregnancy is not continuing education about the advantages and disadvantages of delivery; 16- Having phone number to call; 17- Average score optimism in the two intervention groups, between 19-10. Exclusion criteria: 1- Dose not participate in two or more sessions; 2- Leaving the class up to 15 minutes before the training; 3- Unwilling to continue to participate in research; 4- In tests to measure optimism, attitude and choice of mode of delivery, before and after the intervention dose not participate; 5- Fetal death occurred during the study; 6- Intense emotions experienced since the start of the study until delivery; 7- Delivery between 39-35 weeks of pregnancy occurred; 8- During the pregnancy trained continuing education about the advantages and disadvantages of delivery; 9- Mother have a medical problem; 10- Signs of fetal distress exist.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 96

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**

Faculty of Nursing & Midwifery of mashhad

Street address

ibn sina street, , Doctorate Crossroads, University street, mashhad

City

mashhad

Postal code

9137913199

Approval date

2014-06-12, 1393/03/22

Ethics committee reference number

930321

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

pregnancy

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Attitudes to the type of delivery

Timepoint

Immediately after the intervention

Method of measurement

Questionnaires to measure attitudes toward of natural birth and Caesarean section

2**Description**

Intentions to choose the mode of delivery

Timepoint

Immediately after the intervention

Method of measurement

Checklist of reviewing decision making about type of delivery

Secondary outcomes

empty

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

Optimism training with Training the benefits of natural childbirth derived from Seligman's theory of learned optimism, during 6 session of the 60-minute With the participation of samples group with lectures, discussions were conducted in the form of examples and exercises active, has been studied. First session: Introduction Members, Understanding the types of delivery (normal and caesarean section) advantages and disadvantages of each. Second session: The discussion about the concept of optimism and pessimism and its impact on the lives

and features of optimistic and pessimistic. Third session: The relationship between thoughts, feelings, and disasters(ABC). Fourth Session: Introduction to of negative automatic thoughts and irrational beliefs. Fifth Session: Modify documents. Sixth session: Training to cope with negative thoughts and pessimistic

Category

Other

2

Description

Training the benefits of natural childbirth group, during 4 session of the 60-minute, have been studied. First session: Generalities of the stages of birth, type of delivery (normal, cesarean section, the instrument) Along with film showings image. Session II: description of the advantages and disadvantages of maternal and neonatal Caesarean section delivery along with film and photo. Third session: description of the advantages and disadvantages of maternal and neonatal natural childbirth along with film and photo. Forth session: Active training by drawing two columns as the advantages and disadvantages of natural childbirth and caesarean section and giving the flash card samples for the detection of the relevant column. Understanding how to do vaginal examination and repair of episiotomy and a description Along with film showings image

Category

Other

3

Description

The control group was not action

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
shahid motahari Health Center
Full name of responsible person
Street address
City
mashhad

2

Recruitment center

Name of recruitment center
silo Health Center
Full name of responsible person
Street address
City
mashhad

3

Recruitment center

Name of recruitment center

ghods Health Center

Full name of responsible person

Street address

City

mashhad

4

Recruitment center

Name of recruitment center

golshahr Health Center

Full name of responsible person

Street address

City

mashhad

5

Recruitment center

Name of recruitment center

Fourteen masoom Health Center

Full name of responsible person

Street address

City

mashhad

6

Recruitment center

Name of recruitment center

Bahr Abad Health Center

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Department of Research and Technology of Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghodi

Street address

Mashhad University of Medical Sciences, side of Hoveyze cinema, University street

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Department of Research and Technology of 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

Mashhad
Postal code
Phone
+98 51 3621 1299
Fax
Email
nms.it@mums.ac.ir
Web page address

Person responsible for general inquiries

Contact

Name of organization / entity

Mashhad Faculty of Midwifery & Nursing

Full name of responsible person

Mahin Esmaeili Darmian

Position

Master student of Midwifery

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

Ibn Sina street, Doctora Crossroads, Daneshgah St.,
Mashhad

City

Mashhad

Postal code**Phone**

+98 51 3621 1299

Fax**Email**

nms.it@mums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Mashhad Faculty of Midwifery & Nursing

Full name of responsible person

Mahin Esmaeili Darmian

Position

Master student of Midwifery

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

Ibn Sina street, Doctora Crossroads, Daneshgah St.,
Mashhad

City

Mashhad

Postal code**Phone**

+98 51 3621 1299

Fax**Email****Web page address**

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad Faculty of Midwifery & Nursing

Full name of responsible person

Sedigheh Yousef Zadeh

Position

Master of Midwifery

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

Ibn Sina street, Doctora Crossroads, Daneshgah St.,
Mashhad

City

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