

# 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <p>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.</p> | <p><b>Street address</b><br/>ibn sina street, , Doctorate Crossroads, University street, mashhad</p> <p><b>City</b><br/>mashhad</p> <p><b>Postal code</b><br/>9137913199</p> <p><b>Approval date</b><br/>2014-06-12, 1393/03/22</p> <p><b>Ethics committee reference number</b><br/>930321</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p><b>Age</b><br/>No age limit</p> <p><b>Gender</b><br/>Female</p> <p><b>Phase</b><br/>N/A</p> <p><b>Groups that have been masked</b><br/>No information</p> <p><b>Sample size</b><br/>Target sample size: 96</p> <p><b>Randomization (investigator's opinion)</b><br/>Randomized</p> <p><b>Randomization description</b></p> <p><b>Blinding (investigator's opinion)</b><br/>Not blinded</p> <p><b>Blinding description</b></p> <p><b>Placebo</b><br/>Not used</p> <p><b>Assignment</b><br/>Parallel</p> <p><b>Other design features</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>Health conditions studied</b></p> <p><u>1</u></p> <p><b>Description of health condition studied</b><br/>pregnancy</p> <p><b>ICD-10 code</b></p> <p><b>ICD-10 code description</b></p> <p><b>Primary outcomes</b></p> <p><u>1</u></p> <p><b>Description</b><br/>Attitudes to the type of delivery</p> <p><b>Timepoint</b><br/>Immediately after the intervention</p> <p><b>Method of measurement</b><br/>Questionnaires to measure attitudes toward of natural birth and Caesarean section</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>Secondary Ids</b><br/>empty</p> <p><b>Ethics committees</b></p> <p><u>1</u></p> <p><b>Ethics committee</b></p> <p><b>Name of ethics committee</b><br/>Faculty of Nursing &amp; Midwifery of mashhad</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><u>2</u></p> <p><b>Description</b><br/>Intentions to choose the mode of delivery</p> <p><b>Timepoint</b><br/>Immediately after the intervention</p> <p><b>Method of measurement</b><br/>Checklist of reviewing decision making about type of delivery</p> <p><b>Secondary outcomes</b><br/>empty</p> <p><b>Intervention groups</b></p> <p><u>1</u></p> <p><b>Description</b><br/>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</p> |

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**

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+98 51 3621 1299

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**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**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**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*