

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

The effect of educational-religious intervention on pregnantwomen referred to Baqiyatallah medical science hospitals in 2014-2015

Protocol summary

Summary

Purpose: The Effect of Educational-religious Intervention on pregnant women referred to Baqiyatallah Medical Sciences' hospitals in 2014. 2. Comparing the mean scores of stress, anxiety and depression before the intervention in two experimental and control groups. **Method:** In this study, a randomized clinical trial with allocation to experimental and control groups with convenience sampling method, 84 pregnant women participated in two clinics. Four training sessions for mothers were done within two weeks. All participants demographic questionnaire, DASS42 and religious index at Duke University in the pre-test session (first trimester) were completed and then test 1 and Track 2 at weeks 20 and 32 was conducted after the training sessions. **Intervention:** first session; initial assessment, knowledge and research objectives, pre-test, the definition of pregnancy and Anatomic and physiologic changes and stressors during pregnancy and define religiously important pregnancy. Session II: Introduction to pregnancy stress and its effects on the mother and fetus. Third session: religious education recommended in this period and the ways to achieve relaxation religious. Fourth session: the review conference.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080923565N1**
Registration date: **2015-09-15, 1394/06/24**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-15, 1394/06/24

Registrant information

Name

Zarindokht Sheikholia

Name of organization / entity

Baqiyatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2220 9979

Email address

z-olia@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Sciences, Vice Chancellor for research .

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational-religious intervention on pregnantwomen referred to Baqiyatallah medical science hospitals in 2014-2015

Public title

The effect of religious educational intervention on stress, anxiety and depression

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: the pregnant woman with singleton pregnancies in the first trimester pregnancy; low-risk

pregnancy; lack of mental health problems in the past; not applying specific drug or medications; no history of mental disorder; adequate literacy; signing informed consent in research; participate in all training sessions. Exclusion criteria: the incidence of pregnancy complications, including bleeding, diabetes, hypertension, internal medicine; having severe trauma and stress; unwillingness to participate in research.

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: **84**

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**

Ethics Committee Baqiyatallah University of Medical Sciences

Street address

Baqiyatallah University of Medical Sciences, Sheikh Bahai St., Hemmat highway

City

Tehran

Postal code**Approval date**

2014-11-15, 1393/08/24

Ethics committee reference number

5904

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

Stress in pregnancy

ICD-10 code

O20-29

ICD-10 code description

Other maternal disorders predominantly related to pregnancy

Primary outcomes**1****Description**

Anxiety

Timepoint

Before the intervention, one and three months after intervention

Method of measurement

Stress, anxiety and depression questionnaire DASS42

2**Description**

Stress,

Timepoint

Before the intervention, one and three months after intervention

Method of measurement

A standard questionnaire on stress, anxiety and depression DASS42

3**Description**

Depression

Timepoint

Before the intervention, one and three months after intervention

Method of measurement

Stress, anxiety and depression questionnaire DASS4

Secondary outcomes**1****Description**

Infant anthropometric factors, including weight, height, head circumference and chest circumference newborn baby

Timepoint

At birth time

Method of measurement

Physical examination

2**Description**

Delivery time

Timepoint

Delivery times below 38 weeks and after 38 weeks

Method of measurement

Medical records

Intervention groups

1

Description

In intervention group: Educating mothers on the basis of religious orders and methods of religious plan in 4 sessions of the first quarter every two weeks for 60 minutes per session through group discussions, questions and answers, with educational manual and pamphlets.

Category

Prevention

2

Description

No intervention in control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Baqiyatallah hospital's gynecology clinic

Full name of responsible person

Zarindokht Sheikholia, Master's degree in health education and health promotion.

Street address

Sheykh Bahae St., Hemmat highway

City

Tehran

2

Recruitment center

Name of recruitment center

Najmieh hospital gynecology clinic

Full name of responsible person

Zarindokht Sheikholia, Master's degree in health education and health promotion.

Street address

Jomhoori street - Hafez crossroad

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiyatallah University of Medical Sciences

Full name of responsible person

Dr Morteza Izadi

Street address

Baqiyatallah University of Medical Sciences, Sheikh Bahai St., Hemmat highway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Baqiyatallah 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

School of Public Health, Baqiyatallah University of Medical Sciences

Full name of responsible person

Zarindokht Sheikholia

Position

Msc health education

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Public Health, Baqiyatallah University of Medical Sciences

Full name of responsible person

Hormoz Sanaee Nasab

Position

Associate professor of health education and health promotion

Other areas of specialty/work

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

School of Public Health, Baqiyatallah University of
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Full name of responsible person

Zarindokht Sheikholia

Position

Msc in health education

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

Baqiyatallah University of Medical Sciences, Sheikh
Bahai St., Hemmat highway

City

Tehran

Postal code**Phone****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