

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

The Effect of Education on the basis of needs assessment of the quality of life for nulliparous women

Protocol summary

Summary

The postpartum period is associated with significant changes in quality of life that can affect the health of mother and child in the apprenticeship of factors affecting the quality of life. This study aimed to investigate the effect of assessment on improving the quality of life of women were nulliparous. Materials and Methods: In this experimental study, a randomized trial on 120 nulliparous women referred to other private health centers in city Noshahr World Health Organization Quality of Life questionnaire summarized the needs assessment conducted and then provide educational content and was presented to the intervention group and after two months, the data collected was analyzed using SPSS software and descriptive statistics.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100324304N1**

Registration date: **2015-12-21, 1394/09/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-21, 1394/09/30

Registrant information

Name

Neda Ghazinezhad

Name of organization / entity

Shahid Sadoughi Yazd University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 3724 0171

Email address

n.gh.heahp@gmail.com

Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi Yazd University of Medical Sciences

Expected recruitment start date

2015-02-19, 1393/11/30

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

The Effect of Education on the basis of needs assessment of the quality of life for nulliparous women

Public title

The quality of life of women were nulliparous

Purpose

Health service research

Inclusion/Exclusion criteria

The conditions of entry into the study: the first pregnant women who had a live child from 1 day to 1 year old; not have abortions; the history of cardiovascular disease, gynecologic diseases, psychologic diseases, diabetes mellitus, hypertension, drug consumption due to medical problems; age between 15-35 years old; ability at least to read and write; 6. living in the Noshahr city, Iran.

Exclusion criteria of the study: nulliparous women refused to continue participating in the study; nulliparous women who leave Noshahr city; nulliparous women with new obstetrics or other medical problems.

Age

From **15 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

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

Shahid Sadoughi Yazd University of Medical Sciences

Street address

Shahid Sadoughi Yazd University of Medical Sciences,
Alam square

City

Yazd

Postal code

Approval date

2015-05-10, 1394/02/20

Ethics committee reference number

ir.ssu.sph.rec.1394.54

Health conditions studied

1

Description of health condition studied

nulliparous

ICD-10 code

Z00-Z99

ICD-10 code description

XXI

Primary outcomes

1

Description

the quality of life

Timepoint

Before and two months after the intervention

Method of measurement

World Health Organization Quality of Life Inventory
shortened standard

Secondary outcomes

empty

Intervention groups

1

Description

Recognize randomized trial using focus groups to
prepare for the needs assessment of educational content
and implementation of three training classes for groups

Category

Lifestyle

2

Description

Randomized trial and then two months later recognize
pre-test and post-test in the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Noshahr Health Centers

Full name of responsible person

Neda Ghazinezhad

Street address

Noshahr Health Network

City

Noshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Department, Shahid Sadoughi Yazd
University of Medical Sciences

Full name of responsible person

Ms. Farokhlegha Servat

Street address

Shahid Sadoughi Yazd University of Medical Sciences,
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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

Research Department, Shahid Sadoughi Yazd 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

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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