Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effects of positive psychology interventions on the quality of prenatal care provided by midwives

Protocol summary

Summary

This study randomized clinical trial with a control group as pre-test and post-test is performed on 60 midwives working in health centers, Mashhad with aim to determine the effect of positive psychology interventions on the quality of prenatal care provided by midwives in 2015. The inclusion criteria include midwifery BC degree or higher; no pregnancy; married; one year of work experience; no depression or obtaining mild to moderate score from depression, anxiety, stress scale (DASS21); lack of psychiatric diseases; or using the drugs affecting mental status on the present or the past; and no experience of major stressful event during the past six months. Exclusion criteria include the absence of > 1 session; the occurrence of major stressful event during the study; lack of performing homework related to three consecutive sessions. Inclusion criteria of pregnant mothers include gestational age of 26-30 weeks; wanted pregnancy; low-risk pregnancy and lack of underlying disease. Exclusion criteria for pregnant women during the study include the risk of pregnancy during the study; the occurrence of major stressful event during the study; disease during the study. Interventions include 2-hour eight training sessions derived from Rashid and Seligman positive psychotherapy Protocol (2006), which Will be held in two sessions per week. Oxford Happiness Questionnaire and Reef Psychological well-being Questionnaire are completed by midwives before and after the interventions. Also, after observing two pregnant women by each of the subjects, prenatal care quality questionnaire are completed through interviews with pregnant mothers before and after the interventions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016010225813N1**

Registration date: **2016-12-24, 1395/10/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-24, 1395/10/04

Registrant information

Name

Fatemeh Shaghaghi

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5725 1685

Email address

shaghaghif921@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2015-11-02, 1394/08/11

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of positive psychology interventions on the quality of prenatal care provided by midwives

Public title

The effects of positive psychology interventions on the quality of prenatal care provided by midwives

Purpose

Health service research

Inclusion/Exclusion criteria

The inclusion criteria include midwifery BC degree or higher; no pregnancy; married; one year of work experience; no depression or obtaining mild to moderate score from depression, anxiety,stress scale (DASS21); lack of psychiatric diseases; or using the drugs affecting mental status on the present or the past; and no experience of major stressful event during the past six months. Exclusion criteria include the absence of > 1 session; the occurrence of major stressful event during the study; lack of performing homework related to three consecutive sessions. Inclusion criteria of pregnant mothers include gestational age of 26-30 weeks; wanted pregnancy; low-risk pregnancy and lack of underlying disease. Exclusion criteria for pregnant women during the study include the risk of pregnancy during the study; the occurrence of major stressful event during the study; disease during the study.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mashhad University of Medical Sciences

Street address

University Avenue, Central Organization of Mashhad University of Medical Sciences

City

MASHHAD

Postal code

Approval date

2015-11-02, 1394/08/11

Ethics committee reference number

IR.MUMS.REC.1394.447

Health conditions studied

1

Description of health condition studied

the quality of prenatal care

ICD-10 code

Z34.9

ICD-10 code description

Supervision of normal pregnancy, unspecified

Primary outcomes

1

Description

the quality of prenatal care provided by midwives

Timepoint

before and after the interventions

Method of measurement

the Quality of Prenatal Care Questionnaire

Secondary outcomes

1

Description

Happiness

Timepoint

before and after the intervention

Method of measurement

Oxford Happiness Questionnaire

2

Description

Well-Being

Timepoint

before and after the intervention

Method of measurement

Ryff Scale Psychological Well-Being

Intervention groups

1

Description

In the intervention group, eight sessions of training based on Rashid and Seligman positive psychotherapy protocol (2006) will be held in two sessions per week.

Category

Behavior

2

Description

In the control group does not take action

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Health centers 1
Full name of responsible person
fatemeh shaghaghi
Street address
City
mashhad

2

Recruitment center
Name of recruitment center
Health centers 3
Full name of responsible person
fatemeh shaghaghi
Street address
City
mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Research Mashhad University
Street address
University Avenue, Central Organization of Mashhad University of Medical Sciences
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
fatemeh shaghaghi
Position
Masters student
Other areas of specialty/work
Street address
School of Nursing and midwifery, doctoral intersection, Mashhad
City
Mashhad
Postal code
Phone
+51 57 251685
Fax
Email
shaghaghif921@mums.ac.irshaghaghi_fatemeh@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
School of Nursing and midwifery
Full name of responsible person
zahra abedian
Position
MSc
Other areas of specialty/work
Street address
School of Nursing and midwifery, doctoral intersection, Mashhad
City
mashhad
Postal code
Phone
+51 37671771
Fax
Email
abedianz@mums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
fatemeh shaghaghi
Position
Masters student
Other areas of specialty/work
Street address
School of Nursing and midwifery, doctoral intersection, Mashhad
City

mashhad
Postal code
-
Phone
+51 57 251685
Fax
Email
shaghaghif921@mums.ac.irshaghaghi_fatemeh@yahoo.com
Web page address

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