

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

Effect of couple counseling based on couples post partum depression

Protocol summary

Summary

The aim of this study is to evaluate the effect of couples counseling based on post partum depression after baby's birth . A sample size is of 84 pregnant women and their husbands. 84 pregnant women referred to health centers will be randomly selected, and then will be divided into two intervention and control groups randomly. For the intervention group counseling session from 34 weeks of pregnancy will be held. The number of counseling sessions are 4 sessions. In the control group no intervention will be done. Two months after childbirth, postpartum depression in intervention and control groups will be measured by using a questionnaire Edinburgh. Inclusion criteria: gestational age of 34 weeks and nulliparity.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016060828340N1**

Registration date: **2016-12-17, 1395/09/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-17, 1395/09/27

Registrant information

Name

Atefeh Yas

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 44 3275 4961

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yas.a@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice President of Research of University of Medical Sciences

Expected recruitment start date

2016-07-05, 1395/04/15

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of couple counseling based on couples post partum depression

Public title

post partum depression

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria for womens: Nullipar of; Pre-test score of less than 9; The absence of abnormalities in the fetus; Gestational age of 34 weeks; Lack of depression known; Failure stressful event in the past 6 months Inclusion criteria for men :Lack of drug addiction; have a job; Lack of depression known Exclusion criteria:Non-attending counseling; Abnormalities in the baby or infant death; Maternal and child needs special care after birth

Age

From **18 years** old to **45 years** old

Gender

Both

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 of the University of Medical Sciences

Street address

Street Jahad ,Urmia

City

Urmia

Postal code

Approval date

2016-06-10, 1395/03/21

Ethics committee reference number

IR.UMSU.rec.1395.102

Health conditions studied

1

Description of health condition studied

postpartum depression

ICD-10 code

f53

ICD-10 code description

Mild mental and behavioural disorders associated with the puerperium, not elsewhere classified

Primary outcomes

1

Description

postpartum depression

Timepoint

Before and four months after the intervention.

Method of measurement

Edinburgh questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group will participate in counseling sessions. The meetings will be held with the participation of couples in four sessions

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers

Full name of responsible person

Street address

City

Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Assistance for Research and Technology of Urmia University of Medical Sciences

Full name of responsible person

Dr. Iraj Mohebbi

Street address

Jahad street

City

Urmia

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Assistance for Research and Technology of Urmia 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

Urmia University of Medical Sciences

Full name of responsible person

Soheila Rabeepoor

Position

faculty member

Other areas of specialty/work

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Atefeh Yas

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Masters student

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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

Atefeh Yas

Position

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Other areas of specialty/work

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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