

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The effect of Mindfulness on Maternal Role Attainment on Primiparous women

Protocol summary

Summary

Most primiparous women don't have enough sense of competency, most of it being due to lack of experience. Mindfulness Based Cognitive Therapy based training, have led to improved Maternal-infant outcomes. The purpose of this study was the efficacy of Mindfulness Based Cognitive Therapy Education on Maternal Role Attainment in Primiparous women. This clinical trial study with pretest-posttest and follow-up (1month) was conducted from 2015-2016. The population has formed primiparous mothers with an interval of 2 months and 2 years postpartum. Among them, 40 patients were selected that being single, age range 35-18 years, interval of 2 months and 2 years postpartum and gain the average and poor scores of maternal role attainment questionnaire. They assigned randomly in both experimental (20 person) and control (20 person) groups. Then, the experimental group received 8 sessions of MBCT (one session a week during 2 hours). The subjects in both groups completed the Maternal Role Inventory before and after intervention in MBCT group. Follow-up assessments of all participants occurred one month later. Data were analyzed using Chi-square and Repeated Measure in SPSS software. The results of the present study indicated a significant difference between the control and experimental groups ($P < 0.001$); the mean scores of the MBCT group showed a significant increase compared to the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016061328425N1**

Registration date: **2016-08-14, 1395/05/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-14, 1395/05/24

Registrant information

Name

Seyed Zohre Sajadian

Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 4347 4392

Email address

sajadian.z@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapour University of Medical Sciences

Expected recruitment start date

2015-08-06, 1394/05/15

Expected recruitment end date

2015-09-11, 1394/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Mindfulness on Maternal Role Attainment on Primiparous women

Public title

The effect of Mindfulness on Maternal Role Attainment

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Primiparous; single of fetus; Age range

35-18 year; The ability to read and write; spent at least 60 days and a maximum of 12 months from delivery; Availability in over the next 6 months; Scale score of less than 66 roles of mother Exclusion criteria: Failure to attend two sessions; refusal to continue cooperating with the investigation for any reason and at any stage of the investigation; The occurrence of abnormal stress caused by life events such as death of a spouse, divorce, violence and imprisonment wife; Having a physical and psychological disease identified; Addiction to alcohol; drugs and other psychotropic drugs.

Age

From **17 years** old to **34 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **20**

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**

Ahvaz Jundishapour University of Medical Sciences

Street address

School of Nursing and Midwifery, Ahvaz Jundishapour University of Medical Science, Golestan highway

City

Ahvaz

Postal code**Approval date**

2015-07-25, 1394/05/03

Ethics committee reference number

IR.AJUMS.REC.1394.272

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

Disorder in Maternal Role Attainment

ICD-10 code

O90.9

ICD-10 code description

Complication of the puerperium, unspecified

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

Maternal Role Attainment

Timepoint

Before, After Intervention, one and two month after intervention

Method of measurement

Maternal Role Attainment Questionnaire

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

Support and Strengthening of married couples relations

Timepoint

Before, After intervention, one and two month after intervention

Method of measurement

Maternal Role Attainment Questionnaire

2**Description**

Difficulty and Dissatisfaction

Timepoint

Before, After Intervention. one and two after Intervention

Method of measurement

Maternal Role Attainment Questionnaire

3**Description**

Attachment to child

Timepoint

Before, After Intervention, one and two after Intervention

Method of measurement

Maternal Role Attainment Questionnaire

4**Description**

Concern and Anxiety

Timepoint

Before, After Intervention. one and two after Intervention

Method of measurement

Maternal Role Attainment Questionnaire

5**Description**

Emotional Development

Timepoint

Before,After Intervention. one and two month after

intervention

Method of measurement

Maternal Role Attainment Questionnaire

6

Description

Function

Timepoint

Before, After Intervention. one and two month after intervention

Method of measurement

Maternal Role Attainment

7

Description

Adaption and Social Development

Timepoint

Before, After Intervention, one and two month after in

Method of measurement

Maternal Role Attainment Questionnaire

Intervention groups

1

Description

The control group not received any intervention

Category

Behavior

2

Description

The intervention group received 8 sessions of 2 hours mindfulness training that will be formed once a week.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

17 Shahrivar Health Center

Full name of responsible person

Seyede Zohre Sajadian

Street address

East Health Center, Fifth alley, Aghayi street, Ahvaz

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Nahid Javadifar

Street address

School of Nursing and Midwifery, Ahvaz Jundishapour University of Medical Sciences, Golestan highway, Ahvaz

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapour 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

Ahvaz Jundishapour University of Medical Sciences

Full name of responsible person

Seyede Zohre Sajadian

Position

Master of Science student of Counseling in Midwifery

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