

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Comparing the effectiveness of two intervention programs, social support and integration with the health locus of control on decreasing of depression during pregnancy

Protocol summary

Summary

Prenatal depression is a significant predictor of postpartum depression and is detrimental to fetal development. According to the World Health Organization, depression is a leading cause of disability among women worldwide. The aim of this study is determine the comparing the effectiveness of two intervention programs, social support and integration with the health locus of control on decreasing of depression during pregnancy. Method: This study is a quasi-experimental study on 108 pregnant women in the third trimester, have been referred to health centers. Samples through a stage stratified random sample selected were divided into two groups. Educational intervention based on social support and integration with the health locus of control was 6 sessions for each group. After the first test (immediately after the intervention) and after the second test (one month after the end of treatment) was conducted to review the results.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070428773N1**

Registration date: **2016-08-07, 1395/05/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-07, 1395/05/17

Registrant information

Name

Malihe Pishvaei

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 9025

Email address

pishvaei.m@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-03-22, 1393/01/02

Expected recruitment end date

2014-10-23, 1393/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of two intervention programs, social support and integration with the health locus of control on decreasing of depression during pregnancy

Public title

Two intervention programs, social support and integration with the health locus of control on decreasing

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: gestational age 26-32 weeks; ability to read and write; healthy fetus on ultrasound; aged 18 to 35 years old; lack of depression known in life; absence of pregnancy complications (bleeding, placenta previa,

etc.); consent to participate in the study sample. Exclusion criteria: preterm delivery during the intervention; serious physical and psychological problems such as death of a family during the intervention; lack of participation in training courses for more than two sessions; unwillingness to continue participation in the study subjects.

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: **108**

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**

Gonabad University of Medical Sciences

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Postal code

96917937180

Approval date

2014-08-03, 1393/05/12

Ethics committee reference number

GMUIRC.1392.61

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

Depression during pregnancy

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Depression during pregnancy

Timepoint

Immediately and one month later after intervention

Method of measurement

Edinburgh Postnatal Depression Scale (EPDS), Multidimensional Health Locus of Control Scales (MHLCS), Vaux

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

Support and health control beliefs

Timepoint

Immediately after the intervention

Method of measurement

Questionnaire Edinburgh Postnatal Depression Scale (EPDS) ,Multidimensional Health Locus of Control Scales (MHLCS), Vaux

Intervention groups**1****Description**

In this study, women who were pregnant in the months 26 to 37 urban health centers for routine examination, enrolled by stratified random. Subjects with inclusion criteria were randomly divided into two groups 1 and 2 were tested. After obtaining permission from the relevant authorities and the satisfaction of the samples, questionnaires on demographic, social support and depression Edinburgh HLC theory was completed by the patients. Subjects were also declared that in case of dissatisfaction and lack of willingness to cooperate can quit the application and announce their withdrawal. The data obtained from the pre-test, the information required to prepare an intervention plan was reviewed and analyzed. The intervention began, according to the results. Test 1 and Test 2 groups of 12 to 15 were divided into categories. Average number of sessions 6 sessions per week a meeting was held for each subgroup. Researcher with intimate relationships among pregnant women, their husbands' partnership (holding the first training session for their wives at the start of treatment), and social support did. Topics include theory HLC for your understanding, problem solving skills, decision making, self-confidence and self-esteem, assertiveness, self-efficacy and education was discussed. It is important to note that the research program was set up and run that the intervention sessions in order to enhance social protection and health locus of control theory was pregnant.

Category

Lifestyle

2

Description

After the intervention and post-test, the control group was planning education programs.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Public health centers affiliated to Gonabad University of Medical Sciences and Health Services

Full name of responsible person

Dr. Moshki

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr. Ali Mohammadpour

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Dr. Mehdi Moshki

Position

Associate Professor

Other areas of specialty/work

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Postal code

9691793718

Phone

+98 51 5722 9025

Fax

+98 51 5722 9025

Email

drmoshki@gmail.com

Web page address

<http://sdhprc.gmu.ac.ir/homepage.html>

Person responsible for scientific inquiries

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr. Mehdi Moshki

Position

Associate Professor

Other areas of specialty/work

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Postal code

9691793718

Phone

+98 51 5722 9025

Fax

+98 51 5722 9025

Email

drmoshki@gmail.com

Web page address

<http://sdhprc.gmu.ac.ir/adress/adress-maghalat.html>

Person responsible for updating data

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Malihe Pishvaei

Position

MSc

Other areas of specialty/work

Street address

Gonabad University of Medical Sciences, Imam Khomeini Street

City

Gonabad

Postal code

9691793718

Phone

+98 51 5722 9025

Fax

+98 51 5722 9025

Email

sdhprc@gmail.com

Web page address

<http://sdhprc.gmu.ac.ir/adress/adress-maghalat.html>

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