

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The relationship between education based on self-efficacy theory on maternal health literacy, prenatal care and newborn, weight

#### Protocol summary

##### Summary

The study perform to determine the effects of an educational program based on self-efficacy theory on pregnant women's health literacy, pregnancy care and newborns' birth weight. This interventional, quasi-experimental study will perform on 76 pregnant mothers, that will assigned to intervention and control groups via multistage cluster sampling. Data collection tools include a demographic questionnaire, maternal health literacy and pregnancy outcome questionnaire (MHLAPQ), Rapid Estimate of Adult Literacy in Medicine, Perceived Nutritional Status Questionnaire (PNSQ), Dietary Behavior Questionnaire (DBQ) and Perceived Dietary Self-Efficacy Questionnaire (PDSEQ). The questionnaires will complete once at baseline by the participants. The educational interventions will implement for the intervention group according to a pilot study on 120 pregnant women. The questionnaires will again complete immediately after the intervention and within a three-month interval (follow-up). Finally the effectiveness of the designed educational intervention based on self-efficacy theory in improving maternal health literacy, increase in prenatal care and promoting normal birth weight in newborns will be investigated.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017062928863N18**  
Registration date: **2017-09-04, 1396/06/13**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-09-04, 1396/06/13

#### Registrant information

##### Name

Nooshin Peyman

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 915 502 6195

##### Email address

peymann@mums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Mashhad University of Medical Sciences

#### Expected recruitment start date

2015-03-21, 1394/01/01

#### 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 relationship between education based on self-efficacy theory on maternal health literacy, prenatal care and newborn, weight

#### Public title

The effect of education based on self-efficacy theory on maternal health literacy, prenatal care and newborn, weight

#### Purpose

Health service research

#### Inclusion/Exclusion criteria

Inclusion criteria: The desire to participate in the study;  
Not graduated from medical sciences; Gestational age 20

weeks later or mothers in the second half of pregnancy; lack of high risk conditions; lack of mother's exposure to chronic diseases Exclusion criteria: Unwillingness to participate in the study; Migration; Absence even one meeting; Congenital illness during the study or death

#### Age

From **10 years** old to **49 years** old

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **38**

#### 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

Mashhad university of medical sciences

##### Street address

Daneshgah Ave

##### City

Mashhad

##### Postal code

#### Approval date

2015-01-07, 1393/10/17

#### Ethics committee reference number

922890

## Health conditions studied

### 1

#### Description of health condition studied

Relationship between an educational program based on self-efficacy theory on pregnant women's health literacy, pregnancy care and newborns' birth weight

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Maternal health literacy

#### Timepoint

Before the intervention, immediately after the intervention and three months after the end of the intervention

#### Method of measurement

Questionnaire

### 2

#### Description

Self-efficacy

#### Timepoint

Before the intervention, immediately after the intervention and three months after the end of the intervention

#### Method of measurement

Questionnaire

### 3

#### Description

Newborn, Weight

#### Timepoint

Before the intervention, and three months after the end of the intervention

#### Method of measurement

Weight calculation with weight

### 4

#### Description

Prenatal care

#### Timepoint

Before the intervention, immediately after the intervention and three months after the end of the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

### 1

#### Description

Maternal health literacy

#### Timepoint

Before, immediately after and three months after the intervention

#### Method of measurement

Questionair

### 2

#### Description

Self-efficacy

#### Timepoint

Before, immediately after and three months after the

intervention

#### **Method of measurement**

Questionair

### **3**

#### **Description**

Newborn, Weight

#### **Timepoint**

Before, immediately after and three months after the intervention

#### **Method of measurement**

Weight

### **4**

#### **Description**

Prenatal care

#### **Timepoint**

Before, immediately after and three months after the intervention

#### **Method of measurement**

Questionair

## **Intervention groups**

### **1**

#### **Description**

Education

#### **Category**

Other

### **2**

#### **Description**

The control group has no intervention

#### **Category**

Other

## **Recruitment centers**

### **1**

#### **Recruitment center**

##### **Name of recruitment center**

Mashhad Health Centers

##### **Full name of responsible person**

##### **Street address**

##### **City**

Mashhad

## **Sponsors / Funding sources**

### **1**

#### **Sponsor**

##### **Name of organization / entity**

University of Science and Technology - Mashhad  
University of Medical Sciences

##### **Full name of responsible person**

Mohsen Tafaghodi (Pharm.D, Ph.D)

#### **Street address**

Mashhad University of Medical Sciences International  
Office, Administration Center (Qoreishi Building),  
Daneshgah St.

#### **City**

Mashhad

#### **Grant name**

#### **Grant code / Reference number**

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

Yes

#### **Title of funding source**

University of Science and Technology - 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**

Seyede Sara Kharazi

##### **Position**

MSc

##### **Other areas of specialty/work**

##### **Street address**

School of Public Health of Mashhad

##### **City**

Mashhad

##### **Postal code**

##### **Phone**

+95 518544633

##### **Fax**

##### **Email**

kharazis1@mums.ac.ir

##### **Web page address**

## **Person responsible for scientific inquiries**

#### **Contact**

##### **Name of organization / entity**

School of Public Health of Mashhad

##### **Full name of responsible person**

Nooshin Peyman

##### **Position**

PhD

##### **Other areas of specialty/work**

##### **Street address**

School of Public Health, Between 16th and 18th,  
Daneshgah Street

**City**

Mashhad

**Postal code****Phone**

+98 51 3859 2613

**Fax****Email**

peymann@mums.ac.ir

**Web page address**

+98 55 1854 4633

**Fax****Email**

kharazis1@mums.ac.ir

**Web page address****Person responsible for updating data****Contact****Name of organization / entity****Full name of responsible person**

Seyede Sara Kharazi

**Position****Other areas of specialty/work****Street address****City****Postal code****Phone****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*