Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 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
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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
Questionaire

2

Description
Self-efficacy

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

Method of measurement
Questionaire

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
Questionaire

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

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Other areas of specialty/work

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Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Seyede Sara Kharazi
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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