

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of Emotional Intelligence Training on Anxiety in Pregnancy among Primigravid Women

Protocol summary

Summary

This study aims to determine the effectiveness of emotional intelligence training on anxiety in primigravid women. Among pregnant women who receive prenatal care are referred to health centers in Qom. Inclusion criteria include Iranian nationality, have a writing and reading skills, age limit 18-35 years, gestational age 14-33 week, primigravid, lack of any physical & psychological disease, No history of first-degree relatives died during the last six months, Not taking anti-anxiety drugs and sedatives and exclusion criteria included reluctance to participate in the training sessions and complication of pregnancy that result will be in our inability to participate in the class. Demographic questionnaire, Spielberger questionnaire and Shearing Emotional Intelligence questionnaire will be given. 56 women who consent to participate in the study and have completed the informed consent form, selection and placed in two groups (28 person in intervention group and 28 persons in control group). The control group received regular prenatal care and intervention group placed in the emotional intelligence training. The intervention group training under in emotional intelligence training in five sessions and each session is 90 minutes. Immediately after completion of training sessions, the anxiety and Emotional Intelligence questionnaires will be available on intervention and control groups. The data gathering will be analyzed by SPSS statistical software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016083129619N1**

Registration date: **2016-10-21, 1395/07/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-10-21, 1395/07/30

Registrant information

Name

Zeinab Najafi

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 3773 6017

Email address

sharifirad@hlth.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Emotional Intelligence Training on Anxiety in Pregnancy among Primigravid Women

Public title

Effect of Emotional Intelligence Training on Anxiety in Pregnancy

Purpose

Supportive

Inclusion/Exclusion criteria

Iranian nationality (inclusion criteria), Have a writing and reading skills (inclusion criteria), Age limit 18-35 years (inclusion criteria), Gestational age 14-33 week (inclusion criteria), Primigravid (inclusion criteria), Lack of any physical & psychological disease (inclusion criteria), No history of first-degree relatives died during the last six months (inclusion criteria), Not taking anti-anxiety drugs and sedatives (inclusion criteria), The reluctance to participate in the training sessions (exclusion criteria), Complication of pregnancy that result will be in our inability to participate in the class (exclusion criteria)

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: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Not Used

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Qom University of Medical Sciences

Street address

Deputy of Research and Technology-Qom University of Medical Sciences

City

Qom

Postal code

3716987366

Approval date

2016-07-02, 1395/04/12

Ethics committee reference number

IR.MUQ.REC.1395.36

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized Anxiety Disorder

Primary outcomes

1

Description

Anxiety

Timepoint

Before and then after intervention

Method of measurement

Standard of Spielberger questionnaire

Secondary outcomes

1

Description

Emotional Intelligence

Timepoint

Before intervention and then after intervention

Method of measurement

Shering's standard questionnaire

Intervention groups

1

Description

Intervention group will be under training on emotional intelligence. The intervention group under training in emotional intelligence in five sessions and each session will be 90 minutes. The content of emotional intelligence training sessions will be included: first session: initial evaluation and overview about the objectives of education and training programs for Participants- emotional self-awareness second session: Compatibility and problem solving third session: Management of anxiety fourth session: general mood and conclusion will be finalized.

Category

Behavior

2

Description

The control group will be receiving a regular prenatal care.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Hazrat Zahra Medical Education Center

Full name of responsible person

Zeinab Najafi

Street address

Hazrat Zahra Medical Education Center, Qom

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Sharifirad

Street address

School of Health, Rooh-Allah Square, Qom

City

Qom

Grant name

ندارد

Grant code / Reference number

ندارد

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

Yes

Title of funding source

Qom 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

Qom University of Medical Sciences

Full name of responsible person

Dr. Gholamreza Sharifirad

Position

Health education and health promotion Ph.D./Dean of school of health

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