

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

The effect of cognitive behavior therapy(CBT)on women's attitude changing to vaginal delivery

Protocol summary

Summary

The purpose of this study is the effect of cognitive behavioral therapy on pregnant Women attitude changing into normal vaginal delivery. Pregnant women referred to Azna health centers are the population of the study in this Randomized Control Trial.The samples of the study are 32 women with eligibility criteria. Participants randomly assign into control and experimental groups (16 people in each group). Inclusion criteria: weeks 24-32 of pregnancy; not have indication cesarean section; women 18-35 years old; not have previous cesarean section; having score (46-75) according to cesarean attitude assay questionnaire. Exclusion criteria: have pregnancy problems; absence more than two weeks; have indication for cesarean section; have previous cesarean section. The experimental group receives cognitive behavioral therapy (CBT) for 8 sessions for 90 minutes once a week and individuals in control group did not receive any intervention. All participants will complete Cesarean attitude assay questionnaire before the intervention, two weeks after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016083129632N1**

Registration date: **2016-12-22, 1395/10/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-22, 1395/10/02

Registrant information

Name

Mansooreh Akbari nasab

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2016-09-05, 1395/06/15

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavior therapy(CBT)on women's attitude changing to vaginal delivery

Public title

The effect of counseling on women's attitude changing to vaginal delivery

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: weeks 24-32 of pregnancy; not have indication cesarean section; women 18-35 years old; not have previous cesarean section; having score (46-75) according to cesarean attitude assay questionnaire. Exclusion criteria: have pregnancy problems; absence more than two weeks; have indication for cesarean

section; have previous cesarean section.

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: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Block Randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences

Street address

University of Medical Sciences, Sardasht, Arak

City

Arak

Postal code

3848176941

Approval date

2016-08-18, 1395/05/28

Ethics committee reference number

IR.ARAKMU. REC. 1395. 157

Health conditions studied

1

Description of health condition studied

delivery

ICD-10 code

080

ICD-10 code description

Single spontaneous delivery

Primary outcomes

1

Description

Attitude of pregnant women to normal vaginal delivery

Timepoint

Before the intervention, two weeks after intervention

Method of measurement

Cesarean attitude assay questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Experimental group receive cognitive behavioral therapy group in 90minutes sessions once a week for a total of eight sessions Control group: No action

Category

Behavior

2

Description

control group: no action

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Azna valiasr health center

Full name of responsible person

Mansooreh Akbari nasab

Street address

Taleghani Street, Azna

City

AZNA

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Arak University of Medical Sciences

Full name of responsible person

Mr Doctor Mohamad Rafeie

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Grant name

10800000آلآر

Grant code / Reference number

2643

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

Yes

Title of funding source

Vice Chancellor for research of Arak 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**

Arak University of Medical Sciences

Full name of responsible person

Mansooreh akbari nasab

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Msc student in Consultation Midwifery

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Fax**Email**akbarinasabmansoore@gmail.com;
n.akbarinasab@arakmu.ac.ir**Web page address****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*