

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of individual psycho-educational counseling on the level of anxiety among pregnant women suffering from preeclampsia

Protocol summary

Summary

This study is done to evaluate the effectiveness of individual psycho-educational counseling on the level of anxiety among pregnant women suffering from preeclampsia. the sample group consist of 44 patients who are randomly divided equally into two intervention and control group(the member of each group=22).the members of intervention group, After admission and before any usual medical treatment, 2 psycho-educational counseling sessions are held for 45 minutes and 24 hours apart and Pregnant women with preeclampsia diagnosis and low to moderate anxiety score can participate in this study and Women who do not attend counseling sessions or have complications of pregnancy can't participate in this study . Primary outcome: it is expected that psycho-educational counseling be effective the level of anxiety among hospitalized women suffering from preeclampsia

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017082029817N3**

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

Esmat Nuhi

Name of organization / entity

Kerman University of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5220

Email address

e_nuhi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Kerman University of Medical Sciences

Expected recruitment start date

2017-01-30, 1395/11/11

Expected recruitment end date

2017-03-21, 1396/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of individual psycho-educational counseling on the level of anxiety among pregnant women suffering from preeclampsia

Public title

Effectiveness of individual psycho-educational counseling on the level of anxiety among pregnant women suffering from Pregnancy poisoning

Purpose

Supportive

Inclusion/Exclusion criteria

indusion criteria: Pregnant women with preeclampsia diagnosis, gestational age 20 weeks and up, low risk pregnancy, ability to understand and speak Persian, low to moderate anxiety score based of the Spielberger State-Trait Anxiety Inventory. Exclusion criteria: Incidence of pregnancy complications, incidence Mental injuries during the intervention period, absence from

training sessions, history of specific mental illness

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

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

Kerman University of Medical Sciences Ethics Committee

Street address

Campus University beginning around seven gardens Alavi;Kerman

City

Kerman

Postal code

Approval date

2017-01-22, 1395/11/03

Ethics committee reference number

IR.KMU.REC.1395.556

Health conditions studied

1

Description of health condition studied

preeclampsis

ICD-10 code

O10-O16

ICD-10 code description

Oedema, proteinuria and hypertensive disorders in pregnancy, childbirth and the puerperium

Primary outcomes

1

Description

anxiety

Timepoint

before intervention and half an hour after the intervention

Method of measurement

Spielberger State-Trait Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, two psycho-educational counseling sessions are held for 45 minutes and 24 hours apart

Category

Behavior

2

Description

The control group, only routine procedures done

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr.Gharazi-Sirjan hospital

Full name of responsible person

Tayebe Abazarnejad

Street address

Sirjan, Malek Ashtar Blvd., Shafa St.

City

Sirjan

2

Recruitment center

Name of recruitment center

Emam Reza hospital

Full name of responsible person

Tayebe Abazarnejad

Street address

Sirjan, Ebne sina Street

City

Sirjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Kerman University of Medical Sciences

Full name of responsible person

Dr.Abbas Pardakhty

Street address

Campus University of Medical Sciencesbeginning around seven gardens Alavi;Kerman

City

Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Tayebe Abazarnejad

Position

Master of Midwifery Consultation

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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PhD

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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