

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Influence of Prenatal education classes on quality of life of pregnant women

Protocol summary

2017-02-19, 1395/12/01

Summary

The purpose of this study was to determine effect of prenatal education on quality of life of pregnant women. This semi- experimental study was performed on 100 pregnant women referring to Amini hospital in Langarud city in 2014. The samples were randomly not divided into two groups, but between pregnant women referring to hospital, 50 women interested in participating class was invited to the study, as well as 50 control individuals only usual care in pregnancy received. In this study after obtaining written consent of mothers , questionnaires were completed with Supervision of instructor and by pregnant women in week 20 of pregnancy in care unit in hospital . Prenatal education classes were consisted of eight sessions of 90 minutes. In the intervention group, mothers voluntarily participated in Prenatal education classes and control individuals Did not receive any education only usual care in pregnancy. In Prenatal education classes, provides information about pregnancy, birth process, and infant care by instructor of Midwifery . The questionnaire was designed in two parts that included a demographic information and and short -form 36 Questionnaire of quality of life(sf-36). Then In each groups quality of life was evaluated before intervention(in week 20 of pregnancy) and after classes and intervention (in week 37 of pregnancy).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017012732228N1**

Registration date: **2017-02-19, 1395/12/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Registrant information

Name

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Name of organization / entity

Islamic Azad University Tonekabon

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

This research funds provided by the Islamic Azad University,Tonekabon Branch

Expected recruitment start date

2012-11-28, 1391/09/08

Expected recruitment end date

2014-05-31, 1393/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of Prenatal education classes on quality of life of pregnant women

Public title

Influence of Prenatal education classes on quality of life of pregnant women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age between 18-35; prenatal age over

20 week; no significant medical or midwifery problems such as a high-risk pregnancy. Exclusion criteria: patients with history of previous cesarean section; unwillingness to participate in the study

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: **100**

Randomization (investigator's opinion)

Not 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

Islamic Azad University Tonekabon Branch

Street address

Islamic Azad University Tonekabon Branch, Valiabad, Tonekabo, Mazandaran, Iran

City

Tonekabon

Postal code

4684161167

Approval date

2012-11-28, 1391/09/08

Ethics committee reference number

23397

Health conditions studied

1

Description of health condition studied

Pregnancy

ICD-10 code

Z34.8

ICD-10 code description

Supervision of other normal pregnancy

Primary outcomes

1

Description

Quality of life

Timepoint

Quality of life was evaluated before classes and intervention in week 20 and after in week 37.

Method of measurement

Short -form 36 Questionnaire (sf-36)

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, prenatal care and education will be held in 8 group session. Science education, Training nerve-muscle focus, how to breathe, introduction to movement and reduce pain conditions, visit the delivery room, familiar with the personnel and tools. Tim of clases: In Weeks 23- 20 , 27 -23 , 29- 28 , 31- 30 , 33- 32 , 35- 34 (Once a month) and at weeks 36 and 37 of pregnancy once a week. Each session is 90 minutes which has 3 parts.

Category

Other

2

Description

There is not any intervention in control group, care in pregnancy to be done individual At first (in week 20 of pregnancy) and at the end (in week 37 of pregnancy).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

amini_hospital

Full name of responsible person

Rahimiyan Nasrin

Street address

Amini hospital, Emam Khomeini street, Langarud

City

Langarud city

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Tonekabon Branch
Full name of responsible person
 Pourshamsyan Khalil
Street address
 Islamic Azad University Tonekabon Branch,
 Valiabad, Tonekabon, Iran
City
 Tonekabon
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 Islamic Azad University Tonekabon Branch
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
 amin hospital
Full name of responsible person
 Rahimiyan Nasrin
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Person responsible for updating data

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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