

# 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

Leila Hajipour

###### Name of organization / entity

Islamic Azad University Tonekabon

###### Country

Iran (Islamic Republic of)

###### Phone

+98 11 5427 4415

###### Email address

leilahajipour52@gmail.com

##### 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  
**Position**  
 Midwife-Preparing for childbirth instructor  
**Other areas of specialty/work**  
**Street address**  
 Amin hospital, Emam Khomeini Street, Langroud  
**City**  
 Langroud  
**Postal code**  
**Phone**  
 +98 13 4252 4005  
**Fax**  
**Email**  
 amini\_hospital@yahoo.com  
**Web page address**

## Person responsible for scientific inquiries

**Contact**  
**Name of organization / entity**  
 Islamic Azad University Tonekabon  
**Full name of responsible person**

Hajipour Leila  
**Position**  
 Midwifery(MS)  
**Other areas of specialty/work**  
**Street address**  
 Faculty Of Medicin, Azad University Tonekabon Branch  
 ,Vali abad, Tonekabo, Iran n  
**City**  
 Tonekabon  
**Postal code**  
**Phone**  
 +98 11 4252 4005  
**Fax**  
**Email**  
 leilahajipour52@gmail.comlmidhajipour@yahoo.com  
**Web page address**

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
 Islamic Azad University Tonekabon  
**Full name of responsible person**  
 Hajipour Leila  
**Position**  
 Midwifery(MS)  
**Other areas of specialty/work**  
**Street address**  
 Islamic Azad University Tonekabon Branch, Valiabad,  
 Tonekabon, Iran  
**City**  
 Tonekabon  
**Postal code**  
**Phone**  
 +98 11 5427 1105  
**Fax**  
**Email**  
 leilahajipour@gmail.comlmidhajipour@yahoo.com  
**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