

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effects of educational message tailoring on pregnant women's self-efficacy, perceived social support, and intention to choose normal vaginal delivery

#### Protocol summary

##### Summary

The aim of this study was to investigate the effects of educational message tailoring on pregnant women's self-efficacy, perceived social support, and intention to choose normal vaginal delivery. Study population consisted of pregnant women who, in 2016, referred to Shahid Avval and Shahid Navvab Safavi community health centers, Isfahan, Iran, for attending prenatal education classes. The main inclusion criteria were a gestational age of 20–25 weeks and no contraindication for normal vaginal delivery while the main exclusion criterion was inability or unwillingness to stay in the study. Women were randomly allocated to a control and an intervention group. Primarily, all women in both groups completed study questionnaires in the first session of the study intervention held in the 20th–25th weeks of their pregnancy. Then, women in the intervention group were provided with a CD containing tailored educational messages on pregnancy and delivery. Messages were provided through PowerPoint presentation files. Women in the control group received no tailored educational messages on pregnancy and delivery. All women in both groups received routine prenatal educations. Women re-completed study questionnaires at the end of the last prenatal education class which coincided with the 37th week of their pregnancy. The time interval between pretest and posttest was four months. The primary outcome was improvements in the knowledge, attitude, self-efficacy, and perceived social support for selecting normal vaginal delivery.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017043033731N1**

Registration date: **2017-08-11, 1396/05/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-08-11, 1396/05/20

##### Registrant information

###### Name

khadijeh Mohammadali Makhouli

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 3433 6812

###### Email address

kh.makhouli@hlth.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University Of Medical Sciences

##### Expected recruitment start date

2017-04-21, 1396/02/01

##### Expected recruitment end date

2017-07-21, 1396/04/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effects of educational message tailoring on pregnant women's self-efficacy, perceived social support, and

intention to choose normal vaginal delivery

**Public title**

The role of prenatal education tailoring in the choice of delivery type

**Purpose**

Health service research

**Inclusion/Exclusion criteria**

Inclusion criteria: Primigravidas; A gestational age of 20–25 weeks; No indication for cesarean section; Having a personal computer at home; Consent for participation; Residency at Isfahan. Exclusion criteria: Inability to attend prenatal education classes due to medical problems (such as Vaginal bleeding, Preeclampsia, Premature rupture of membranes, or any other indication for complete bed rest); The need for cesarean section due to medical reasons; Unwillingness to stay in the study.

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **72**

**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**

Isfahan University of Medical Sciences

**Street address**

Isfahan, Azadi Avenue, Hezarjerib Square

**City**

Isfahan

**Postal code**

8174673461

**Approval date**

2016-12-10, 1395/09/20

**Ethics committee reference number**

IR.MUI.REC.1395.3.669

**Health conditions studied****1****Description of health condition studied**

Delivery

**ICD-10 code**

O84

**ICD-10 code description**

Multiple delivery

**Primary outcomes****1****Description**

Delivery type

**Timepoint**

Two months after intervention

**Method of measurement**

Standard questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

In the intervention group, women completed study questionnaires in the first prenatal education class and then, they were provided with a CD containing educational materials. They recompleted the questionnaires at the end of the last class.

**Category**

Other

**2****Description**

In the control group, women completed study questionnaires in the first and the last prenatal education classes.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Health Community Center Shahid Nawab Safavi

**Full name of responsible person**

Expert's Preparation for Childbirth Classes

**Street address**

Ahmadabad Square

**City**

Isfahan

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Student Affairs Unit

**Street address**

Hezarjerib Avenue

**City**

Isfahan

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Isfahan 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**

Isfahan University of Medical Sciences

**Full name of responsible person**

khadijeh Mohammadali Makhouli

**Position**

Master Student of Educational Health

**Other areas of specialty/work**

**Street address**

Alafchian Alley, Negarestan Avenue, Malekshahr

**City**

Isfahan

**Postal code**

8196753647

**Phone**

+98 31 3433 6812

**Fax**

**Email**

niloofar.makhouli@gmail.com

kh.makhouli@hlth.mui.ac.ir

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

Fereshteh Zamani Alavijeh

**Position**

Associate Professor

**Other areas of specialty/work**

**Street address**

Hezarjerib Avenue

**City**

Isfahan

**Postal code**

7346181746

**Phone**

+98 31 3668 0048

**Fax**

**Email**

fe.zamani@gmail.com

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

Isfahan University of Medical Sciences

**Full name of responsible person**

khadijeh Mohammadali Makhouli

**Position**

Master Student of Educational Health

**Other areas of specialty/work**

**Street address**

Hezarjerib Avenue

**City**

Isfahan

**Postal code**

7346181746

**Phone**

+98 31 3668 0048

**Fax**

**Email**

niloofar.makhouli@gmail.com

kh.makhouli@hlth.mui.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*