Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

To evaluate the effectiveness of logo therapy on depression and acute stress disorder scores in women after vaginal delivery: randomized clinical trial

Protocol summary

Summary

Objectives: Our study aimed to evaluate the effectiveness of Logotherapy on Depression and Acute Stress Disorder in the women after vaginal delivery. Design: A randomized clinical trial without blinding. Setting and conduct: In this study, New mothers with vaginal delivery who are admitted to the postpartum of Bahar hospital after obtaining informed consent, Complete Edinburgh postnatal depression scale & Impact of Event Scale-Revised and based on blocks with a size of four are randomly divided into 2 groups, control and intervention. Inclusion criteria: Having at least a high school diploma; No history of psychiatric inpatients; At least 18 years of age. Exclusion criteria: The use of psychiatric drugs; Neonatal death and Crises in life. Intervention: Logotherapy counseling as interventions compared with routine care will implement individually within the first 5 to 24 hours after delivery, for 40-60 minute. The outcome will assess with Revised Impact Event Scale (IES-R), in 2 and 4 weeks after intervention, then mean ASD and depression can be compared with each other. Main outcome measures variables: Acute stress disorder; and depression

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017051433964N1**
Registration date: **2017-07-02, 1396/04/11**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-07-02, 1396/04/11

Registrant information

Name
Faride Abbasi

Name of organization / entity
Shahroud University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shahroud University of Medical Sciences

Expected recruitment start date

2017-08-01, 1396/05/10

Expected recruitment end date

2017-11-02, 1396/08/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To evaluate the effectiveness of logo therapy on depression and acute stress disorder scores in women after vaginal delivery: randomized clinical trial

Public title

The effect of logotherapy on depression and stress of postpartum women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Having at least a high school diploma;

No history of psychiatric inpatients; At least 18 years of age Exclusion criteria: The use of psychiatric drugs; Neonatal death and Crises in life

Age

From **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **78**

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

Ethics committee of Shahroud University of Medical Sciences

Street address

Central building of Shahroud university of medical sciences, Hafte Tir Square, Shahroud

City

Shahroud

Postal code

Approval date

2017-05-23, 1396/03/02

Ethics committee reference number

IR.shmu.rec.1396.17

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F31.3

ICD-10 code description

Bipolar affective disorder, current episode mild or moderate depression

Primary outcomes

1

Description

Depression

Timepoint

Before the intervention, 2 and 4 weeks after the end of intervention

Method of measurement

Edinburgh questionnaire

2

Description

Acute stress disorder

Timepoint

Before the intervention, 2 and 4 weeks after the end of intervention

Method of measurement

IES-R questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group During 5 to 24 hours after delivery receive individual counseling by graduate students in midwifery counseling, for 60-40 minutes.

Category

Prevention

2

Description

Controlled group Receive routine care.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Bahar Hospital

Full name of responsible person

Farideh Abbasi

Street address

Bahar Hospital, Opposite to Koodak park, 22 Bahman St., Shahroud

City

shahroud

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research; Shahroud University of Medical Sciences

Full name of responsible person

Dr Mohammad Hassan Emamian

Street address

Central building of Shahroud university of medical sciences, Hafte Tir Square, Shahroud

City

Shahroud

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; Shahroud 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

Shahroud university of medical sciences

Full name of responsible person

Faride Abbasi

Position

Master science student of midwifery counseling

Other areas of specialty/work

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Other areas of specialty/work

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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