

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of problem solving training on self- efficacy and Exclusive breastfeeding in nulliparous women

Protocol summary

Summary

Objectives: To determine the effect of problem solving skills training on self-efficacy and exclusive breastfeeding in primipara women. Design: Study a trial in the field with the control group. How to do: A total of 80 first pregnant women aged 18-35 years old, who were covered with Kashmar health centers during the 36-32 weeks of gestation, were randomly assigned into two groups (test and control). Setting and conduct: Six sessions of problem solving skills training were held that the first session of familiarization and completion of lactation self-efficacy, social problem solving, demographic and later education sessions on breast feeding, common problems, problem and problem solving methods, problem solving and application stages. Problem solving was done in breastfeeding. The control group did not receive any intervention. Entry requirements for research: first and second stage pregnancy; having at least elementary education; lack of prediction of lactation; lack of effective lactation; satisfaction to participate in the study; not subject to social psychosocial stress. Main outcomes: low birth weight and preterm delivery; infant being affected by conditions that cause lactation disorders such as cleft palate and ...; fattening eaters or mothers; preventing mother from lactation-preventing diseases; using the Effective drugs on breastfeeding; Breastfeeding from the mother during the study; Stressful events during the study; Breast feeding disorders; Breastfeeding; One and more absences; Exit tendency. Interventions: Problem solving skills training was held in 6 sessions in the test group. The main outcome variables are lactation self-efficacy

Registration date: **2017-08-01, 1396/05/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-01, 1396/05/10

Registrant information

Name

Atefeh Abbaszadeh

Name of organization / entity

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Country

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2016-10-22, 1395/08/01

Expected recruitment end date

2016-11-21, 1395/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017070334872N1**

Scientific title

The effect of problem solving training on self- efficacy and Exclusive breastfeeding in nulliparous women

Public title

Problem Solving Problems in Breastfeeding

Purpose
Other

Inclusion/Exclusion criteria
Major entry into the study: first and secondarily pregnancy; having at least elementary education; lack of prediction of lactation premature delivery; Not having known known problems affecting breastfeeding for mother and fetus; having satisfaction to participate in a study; being exposed to psychological social stress ((serious illness or spouse, one's relatives' death, immigration, acute economic conditions, marital divorce and Accident)); Main departure conditions: Low birth weight and preterm labor; having a baby in conditions that cause lacrimation disorders such as cleft palate, lacrimal gastric ulcer and etc; fetal death or mother during the intervention; mother's being infected with known diseases The physical and mental impairment of lactation; the use of certain medications that are effective in breastfeeding (bromocriptine, primidone, doxorubicin, marbroate and other drugs that are contraindicated in breastfeeding); admission of breastfeeding in hospital or separation from mother during study; accidents Harsh and stressful (serious illness or spouse, one's close relatives, immigration, acute economic conditions, big differences in women Overshoot and accident) during the study; Breast problems in the breach of breastfeeding, absenteeism and more mother; desire to leave the study.

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
N/A

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

"Ethnical Committee of Gonabad University of Medical

Sciences"
Street address
Gonabad University of Medical Sciences, Next to the Asian Road
City
Gonabad
Postal code
Approval date
2016-07-24, 1395/05/03
Ethics committee reference number
ir.gmu.rec.1395.49

Health conditions studied

1

Description of health condition studied

breastfeeding

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

breastfeeding self- efficacy

Timepoint

Before the intervention immediately after the intervention and 3 months later

Method of measurement

breastfeeding self-efficacy questionnaire

Secondary outcomes

1

Description

Exclusive breastfeeding

Timepoint

Before, immediately after intervention, one and three months later, delivery

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention in the test group of problem solving skills by lecture method in six sessions of the first session.

Familiarization and completion of demographic questionnaires, lactation, lactation self-efficacy and social problem solving, and five sessions of education about breast feeding, common problems, problem and problem-solving method, Problem solving and problem solving problem in lactation and lactation questionnaires, lactation self-efficacy and problem solving were immediately followed by education, and three months later, delivery was completed in two groups.

Category
Lifestyle

2

Description

In this study, the control group does not receive any intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center of Javdallahme Society

Full name of responsible person
Atefeh Abbaszadeh

Street address
center of Jawad Al-Aimeh, Street Qa'im

City
Kashmar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Gonabad University of Medical Sciences

Full name of responsible person
Doctor Ali Mohammadpour

Street address
Gonabad University of Medical Sciences, Next to the Asian Road

City
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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, Gonabad 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
Gonabad Medical Sciences

Full name of responsible person
Atefeh Abbazaadeh

Position
Masters of Community Health

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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Position
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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