

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of tele counseling on the continuity and duration of breastfeeding in women

Protocol summary

Study aim

Determining Effect of tele counseling on the continuity and duration of breastfeeding in women

Design

In the intervention group, mothers receive tele counseling in form of weekly on the first month and twice in second month and once in the third month. Tele counseling is based on the WHO guidelines (2009). Then the duration Exclusive breastfeeding is recorded in both groups 3 months after delivery and the continuation of exclusive breastfeeding at the end of the first and third months. After data collection , they will be analyzed.

Settings and conduct

This interventional study is randomized and has two groups of test and control. The research environment is urban and rural health centers (including 6 rural centers and 2 urban centers).

Participants/Inclusion and exclusion criteria

Iranian women literacy to complete the questionnaire
Access to the phone Healthy Mothers Having a healthy baby (no severe illness) Baby who was borned through Cesarean Exclusive breastfeeding until 3 to 5 days
Interested to breastfeeding

Intervention groups

Intervention group: Telephone counseling (totally seven counseling) includes one call weekly in the first month and one call every two weeks in the second month and one call in the third month with the mothers. Control group: They will Receive routine health care.

Main outcome variables

exclusively Breast feeding

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170707034931N3**

Registration date: **2019-03-12, 1397/12/21**

Registration timing: **retrospective**

Last update: **2019-03-12, 1397/12/21**

Update count: **0**

Registration date

2019-03-12, 1397/12/21

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3523 1518

Email address

saraylouk931@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-09-21, 1394/06/30

Actual recruitment start date

2015-06-22, 1394/04/01

Actual recruitment end date

2015-09-22, 1394/06/31

Trial completion date

2015-09-22, 1394/06/31

Scientific title

Effect of tele counseling on the continuity and duration of breastfeeding in women

Public title

Effect of tele counseling on the continuity and duration of breastfeeding in women In Minudasht health center on summer 2014

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Iranian nationality literacy to complete the questionnaire
Access to the phone Healthy Mothers Having a healthy baby (no severe illness) Exclusive breastfeeding until 3 to 5 days Interested to breastfeeding Cesarean delivery

Exclusion criteria:

Unwilling to participation

Age

No age limit

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **154**
Actual sample size reached: **154**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization, individual, using random numbers table

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 Golestan University of Medical Sciences

Street address

Seid jamaledin st, Health center, Minoodaht, Golestan state, IRAN

City

Minoodasht

Province

Golestan

Postal code

4981634817

Approval date

2015-02-08, 1393/11/19

Ethics committee reference number

27962893111903

Health conditions studied

1

Description of health condition studied

Breastfeeding

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Breast feeding (continuing and duration)

Timepoint

Before intervention and 3 month after intervention

Method of measurement

questionnaire made by researcher

Secondary outcomes

empty

Intervention groups

1

Description

Mothers in the control group will receive only routine care (including postpartum breastfeeding in the hospital, first, second, and third care after delivery by Beverz at the health center based on the current training program for the slave).

Category

Behavior

2

Description

In the intervention group, mothers receive tele counseling in form of weekly on the first month and twice in second month and once in the third month. Tele counseling is based on the WHO guidelines (2009). Then the duration Exclusive breastfeeding is recorded in both groups 3 months after delivery and the continuation of exclusive breastfeeding at the end of the first and third months.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Minoodasht health center

Full name of responsible person

Khadijeh Sarayloo

Street address

Seiad jamaledin st. Health center Minoodasht

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Postal code
4981634817
Phone
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Email
ksarayloo@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Golestan university of medical science
Full name of responsible person
Dr Mohammad reza Honarvar
Street address
5 Sari Roads ,Center of Health Technology
Development, Golestan University of Medical
Sciences, shast colah ,Gorgan,IRAN
City
Gorgan
Province
Golestan
Postal code
4934174515
Phone
+98 17 3242 4377
Email
Honarvar@goums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Golestan university of medical science

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Golestan university of medical science
Full name of responsible person
Sarayloo Khadijeh
Position
Golestan university of medical science

Latest degree
Ph.D.
Other areas of specialty/work
Family Health
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Person responsible for scientific inquiries

Contact

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Position
PhD student in reproductive health
Latest degree
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Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Golestan university of medical science
Full name of responsible person
Khadijeh Sarayloo
Position
PhD student in reproductive health
Latest degree
Master
Other areas of specialty/work

Family Health

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Province

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Postal code

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Fax

Email

ksarayloo@yahoo.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available