

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effect of the group psychoeducational program on the severity of childbirth fear and childbirth satisfaction in primigravida Women

Protocol summary

Summary

Severe fear of childbirth is the most important cause of elective and emergency cesarean delivery, and can result in an unpleasant experience for women. The aim of this study was to investigate the effect of the group psychoeducational program on the severity of childbirth fear and childbirth satisfaction in primigravida women. The inclusion criteria for the study were: singleton pregnancy, with no history of background diseases, and childbirth fear scores of 66 or higher. And the exclusion criteria for the study were: stillbirths, unwillingness of pregnant women to continue the study, and known mental illness. This study was a clinical trial on 122 primigravida women. Fear of childbirth was assessed using the Wijma Delivery Expectancy/Experience Questionnaire (W-DEQ) and childbirth satisfaction using the Mackey Childbirth Satisfaction Rating Scale (MCSRS). The subjects were randomly divided into two groups: case and control groups. Each group included 61 members. The case group intended three sessions of the psychoeducational program, and the control group underwent routine prenatal care. Four to six weeks after delivery, the Wijma Delivery Expectancy/Experience Questionnaire (W-DEQ) and the Mackey Childbirth Satisfaction Rating Scale (MCSRS) were completed by women participating in the study, and the results were compared with each other. The primary outcome in this study was the reduced fear of childbirth and increased childbirth satisfaction among primigravida women in the case group, according to the scores obtained from the questionnaires.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2017071135008N1**
Registration date: **2017-08-15, 1396/05/24**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-15, 1396/05/24

Registrant information

Name

Mohaddeseh Bakhshi

Name of organization / entity

Islamic Azad University Quchan Branch

Country

Iran (Islamic Republic of)

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+98 51 4701 1001

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Islamic Azad University Quchan Branch

Expected recruitment start date

2016-01-15, 1394/10/25

Expected recruitment end date

2017-03-10, 1395/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of the group psychoeducational program on the severity of childbirth fear and childbirth satisfaction in primigravida Women

Public title

The effectiveness Of group psychoeducational program on the severity of childbirth fear and childbirth satisfaction in primigravida Women

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion criteria were: filling out the informed consent form, 14-28 week primiparous women, 18-35 years of age, singleton pregnancy, with no history of background diseases, with no history of infertility, having a minimum ability to read and write, and childbirth fear scores of 66 or higher. And the exclusion criteria were: congenital abnormalities detected by ultrasound, abortion, stillbirths, unwillingness of pregnant women to continue the study, and known mental illness.

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: **122**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomized using random numbers generated by the computer

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Of Islamic Azad University Quchan Branch

Street address

km4- Quchan, Islamic Azad University Quchan Branch

City

Quchan

Postal code

9479176135

Approval date

2016-01-04, 1394/10/14

Ethics committee reference number

IR.IAUQ.REC.1394.129

Health conditions studied

1

Description of health condition studied

Childbirth of fear

ICD-10 code

F40

ICD-10 code description

Phobic anxiety disorders A group of disorders in which anxiety is evoked only, or predominantly, in certain well-defined situations that are not currently dangerous. As a result these situations are characteristically avoided or endured with dread. The pa

Primary outcomes

1

Description

Fear childbirth

Timepoint

Before intervention; postpartum

Method of measurement

Wijma Delivery Expectancy/Experience Questionnaire(W-DEQ)

2

Description

Childbirth satisfaction

Timepoint

Postpartum

Method of measurement

Mackey Childbirth Satisfaction Rating Scale (MCSRS)

Secondary outcomes

1

Description

Method of childbirth

Timepoint

Postpartum

Method of measurement

Self made Questionnaire

2

Description

Self steem

Timepoint

Postpartum

Method of measurement

Rosenberg Self steem Scale

3

Description

Maternal adjustment

Timepoint

Postpartum

Method of measurement

Maternal Adjustment and Maternal Attitudes after delivery questionnaire

4

Description

Postpartum depression

Timepoint

Postpartum

Method of measurement

Edinburg postpartum Depression scale

5

Description

Maternal role of competence

Timepoint

Postpartum

Method of measurement

Parenting Sense of Competence Scale

Intervention groups

1

Description

The intervention group received three sessions of the childbirth psychoeducational program. The intervention was an psychoeducational program based on Rosenbaum's Learnd Resourcefulness. The treatment sessions consisted of three 90-minute sessions, and each session had a specific structure.

Category

Behavior

2

Description

The control group only received routine prenatal care.

Category

Other

Recruitment centers

1

Recruitment center**Name of recruitment center**

Ahmadi Healthcare Center

Full name of responsible person

Mohaddeseh Bakhshi

Street address

Chaharah Abotaleb Crossing, Shahid Gharani Bolvar

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Recruitment center**Name of recruitment center**

Imam Rza Healthcare Center

Full name of responsible person

Mohaddeseh Bakhshi

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Recruitment center**Name of recruitment center**

Shahid Hasheminezad Healthcare center

Full name of responsible person

Mohaddeseh Bakhshi

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4

Recruitment center**Name of recruitment center**

Vahdat 2 Healthcare center

Full name of responsible person

Mohaddeseh Bakhshi

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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Vice Chancellor for Research, Islamic Azad University Quchan Branch

Full name of responsible person

Dr. Ali Mohamadi Sani.

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km 4 Quchan , Islamic Azad University Quchan Branch, Vice Chancellor for Research

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Quchan

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, Islamic Azad University Quchan 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
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Master of Midwifery/ Instructor

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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