Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 psycholeducational 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

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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 effectivness 0f 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 0f 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
Pospartum 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 psycheducational 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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2

Recruitment center
Name of recruitment center
Imam Rza Healthcare Center
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3

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 Uinversity Quchan Branch
Full name of responsible person
Dr. Ali Mohamadi Sani.
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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 Uinversity 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

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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