Clinical Trial Protocol
Iranian Registry of Clinical Trials

01 Nov 2026

Study of the effect of pregnancy training classes on knowledge and the choice of delivery method after implementation of health sector evolution plan

Protocol summary

Summary

Study of the effect of pregnancy training classes on knowledge and the choice of delivery method after implementation of health sector evolution plan. Inclusion criteria: The research population is all prenatal mothers or pregnant mothers without cesarean section experience whom referred to university hospitals by health centers to attend pregnancy classes from their 20th pregnancy week. Exclusion criteria: Having a history of cesarean section, unwillingness to participate in the study or not attending the training classes during the study. The data gathering tool is a questionnaire prepared by Mr. Ali Safari Moradabadi and his colleagues and it is based on the research objectives by the use of articles, studies and scientific resources, including demographic data and the second part of the questions are related to the awareness of the complications and benefits of delivery methods. The correct answer will be scored one and the wrong answer or I do not know will be scored zero.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017080535506N1**
Registration date: **2017-11-19, 1396/08/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-19, 1396/08/28

Registrant information

Name

Ali Reza Bagheri

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 77133323999

Email address

a.bagheri@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-03-21, 1396/01/01

Expected recruitment end date

2017-07-21, 1396/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study of the effect of pregnancy training classes on knowledge and the choice of delivery method after implementation of health sector evolution plan

Public title

The effect of education on choosing the type of delivery in health sector evolution plan

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The research population is all prenatal mothers or pregnant mothers without cesarean section experience whom referred to university hospitals by health centers to attend pregnancy classes from their

20th pregnancy week. Exclusion criteria: Having a history of cesarean section, unwillingness to participate in the study or not attending the training classes during the study.

Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size:
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shiraz university of medical sciences
Street address
Shiraz - Neshat Street - Sadra and Sina Complex - Third Floor - Faculty of Electronic Education
City
SHIRAZ
Postal code
Approval date
2017-06-11, 1396/03/21
Ethics committee reference number
IR.SUMS.REC.1396.40

Health conditions studied

1

Description of health condition studied
Choosing a delivery method
ICD-10 code
-
ICD-10 code description

Primary outcomes

1

Description
Knowledge
Timepoint
4 months
Method of measurement
questionnaire

Secondary outcomes

1

Description
choice of delivery method
Timepoint
4 months
Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: This kind of study is a semi-experimental before and after research that recorded data at two periods of before the start and after the end of the training classes are compared together. The content of the training: Classes begin from the second half of the pregnancy (20th week) to each pregnant woman and continue for 8 sessions. Teaching method is provided in addition to delivering books and CDs to pregnant women at the first session and training content is shown through in power point video projector. In the second to eighth sessions, along with the video projector, by using the mattress and birth ball as training tools, practical exercises involving tensile, respiratory and tone exercises are also added. Session one: Week 20-23, Introduction of objectives and methods presented in the class, how to hold the class, mothers' introduction, Anatomical and physiological changes, common complaints - tensile, respiratory and tranquil exercises. Session two: Week 24-27, Review of common complaints, anatomical and physiological changes, importance of prenatal care, risk symptoms, personal hygiene, tensile, respiratory and tone exercises. Session three Week 28-29, Training about Mental health, nutrition during pregnancy, embryo development (Spouses training), tensile, respiratory and tranquil exercises. Session four: Week 30-31, nutrition during pregnancy, labor pain, familiarity with different methods of reducing labor pain, showing videos of pain relief methods, tensile, respiratory and tone exercises. Session five: Week 32-33, Familiarity with the stages of labor and various delivery situations, Important interventions during labor, Tensile, respiratory and tone exercises, visitation centers. (if possible) Session six: Week 34-35, Importance of Natural Delivery and A Review of Pain Reduction and Delivery Processes, Role Playing, Planning for Labor, Screening for Natural Birth, Tensile, Respiratory and Attractive Exercises. Session seven: Week 36, Importance of

Natural Delivery and A Review of Pain Reduction and Delivery Processes, Role Playing, Planning for Labor, Screening for Natural Birth, Tensile, Respiratory and Attractive Exercises. Session eight: Week 37, Review the scheduled delivery, family planning, preparedness of other family members, baby care and newborn danger signs, stretching, breathing and relaxation.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Bushehr Shohada Hospital

Full name of responsible person

Noshin Amirazodi

Street address

Treatment vice Chancellery, Bushehr University of Medical Sciences, Moallem St, Bushehr, Iran

City

Bushehr

2

Recruitment center

Name of recruitment center

Ganji Hospital

Full name of responsible person

Zahra Kefaie

Street address

Ganji Hospital, Emam Reza Sq, Borazjan

City

Borazjan

3

Recruitment center

Name of recruitment center

Zynabieh Hospital

Full name of responsible person

Fatemeh Sayyadi

Street address

Basij Blv, Zynabieh Hospital

City

Khormoj

4

Recruitment center

Name of recruitment center

Salman Farsi Hospital

Full name of responsible person

Soghra Bashiri

Street address

Salman Farsi hospital, Sabzabad St, Bushehr

City

Bushehr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Ali Reza Bagheri

Street address

Moallem St, Bushehr University of Medical Sciences-Treatment Dept, Iran

City

Bushehr

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Investigator

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

Bushehr Medical Sciences

Full name of responsible person

AliReza Bagheri

Position

Graduate Student in Medical Education (Virtual)

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Ph.D. specializing in planning distance education

Other areas of specialty/work

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Other areas of specialty/work

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Web page address

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