

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Effect of mother to mother support on breast feeding pattern and breast feeding duration among nulliparous women

Protocol summary

Summary

Aims: We aimed to assess the effect of support from the mothers with positive breast feeding experience on the patterns and duration of breastfeeding in nulliparous women. **Materials and Methods:** In this randomized clinical trial, 240 nulliparous women were participated. Convenient sampling was done at hospitals, but the samples were allocated to the intervention (n=120) and control (n=120) groups randomly using Rand and Excel software. The inclusion criteria for the mothers were as follows: willingness to participate, nulliparity, singleton pregnancy, residing in Ilam, being available and literate, gestational age of over 37 weeks at the time of delivery, no diagnosed debilitating disease in the mother or neonate, no fetal disorders during pregnancy, not requiring NICU stay. The control group program included the Routine trainings. The intervention group program included the Routine trainings plus the support from the 30 mothers with positive breast feeding experience during the 3 months after delivery. Breast feeding patterns in the end of first, second and third months and Mother's satisfaction from breastfeeding was evaluated in the end of third month.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017080735540N1**

Registration date: **2017-10-07, 1396/07/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-07, 1396/07/15

Registrant information

Name

Hashemieh Chehreh

Name of organization / entity

School of Nursing & Midwifery, Shahid Beheshti University of Medical Science,

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahid Beheshti University of Medical Sciences and Ilam's Red Crescent Society

Expected recruitment start date

2009-06-22, 1388/04/01

Expected recruitment end date

2010-04-19, 1389/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of mother to mother support on breast feeding pattern and breast feeding duration among nulliparous women

Public title

breast feeding and support

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criteria for the mothers were as follows: willingness to participate, nulliparity, singleton pregnancy, residing in Ilam, being available and literate,

gestational age of over 37 weeks at the time of delivery, no diagnosed debilitating disease in the mother or neonate, no fetal disorders during pregnancy, not requiring NICU stay. The inclusion criteria for the peer support were as follows: willingness to participate, residing in Ilam, being available and literate, Have a successful breastfeeding history, no diagnosed debilitating disease. Exclusion criteria: Mothers not available for telephone counseling.

Age

No age limit

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 240

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Assigning samples to the groups by blocking method was done using the Random function and using Excel software

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shahid Beheshti University of Medical Science

Street address

Velengak, Tehran

City

Tehran

Postal code**Approval date**

2009-07-13, 1388/04/22

Ethics committee reference number

25-12-3535

Health conditions studied**1****Description of health condition studied**

breast feeding

ICD-10 code

p92.5

ICD-10 code description

Suppressed lactation

Primary outcomes**1****Description**

Breastfeeding Patterns and Duration

Timepoint

The end of the first, second and third months

Method of measurement

evaluation of Breastfeeding Patterns and Duration

Secondary outcomes**1****Description**

Mother's satisfaction from breastfeeding

Timepoint

the end of third month

Method of measurement

Lactation Satisfaction Form

Intervention groups**1****Description**

The phone number, address and name of at most 8 nulliparous mothers were given to two supporters with similar age, education status, socio-economic level, and residential area. The supporter called the mothers within 48 hours after discharge to introduce herself. Then, in the next phone calls and during the next 3 months. The mother's call was unlimited and based on her need and she could call the supporter at any desired time. Moreover, the supporter called the mothers every week and encouraged them to continue exclusive breastfeeding. Question and answer sessions were also held in the presence of the supporters and the authors every two weeks during the first, second, and third months of study in the Red Crescent Society office in Ilam.

Category

Other

2**Description**

The control group program included the Routine trainings. The intervention group program included the Routine trainings plus the support from the 30 mothers with positive breast feeding experience during the 3 months after delivery

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahide Mostafa Khomeini Hospitals

Full name of responsible person

Nursing Head Nursing

Street address

Shahide Mostafa Khomeini Hospital, Ilam

City

Ilam

2

Recruitment center

Name of recruitment center

Ghaem Hospitals

Full name of responsible person

Nursing Head Nursing

Street address

Ilam- Ghaem hospitals

City

Ilam

3

Recruitment center

Name of recruitment center

Kowsar hospitals

Full name of responsible person

Nursing Head Nursing

Street address

Kowsar Hospitals, Ilam

City

Ilam

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ilam's Red Crescent Society

Full name of responsible person

The mannager

Street address

22 Bahman Square, Ilam

City

Ilam

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Ilam's Red Crescent Society

Proportion provided by this source**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

2

Sponsor

Name of organization / entity

Vice Chancellor for research of Faculty of Nursing and Midwifery Shahid Beheshti

Full name of responsible person

Dr Yaghemaee

Street address

Valiasr St., Nursing College Campus, Nursing Midwifery Faculty, Tehran, Iran

City

Tehran

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 of Faculty of Nursing and Midwifery Shahid Beheshti

Proportion provided by this source**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

Ilam University of Medical Science

Full name of responsible person

zolaykha karamolahi

Position

ms

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Banjangnab, Central Hospital of Medical Sciences University, Nursing Midwifery Faculty, Ilam

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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