

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effects of normal delivery education on childbirth fear and cesarean preference in pregnancy and postpartum in women referred to health clinics

Protocol summary

Study aim

Determining the effects of normal delivery education on childbirth fear and cesarean preference in pregnancy and postpartum in women referred to Sabzevar health clinics in 2017.

Design

A randomized controlled trial is conducted on 174 pregnant women with 20 weeks of gestational age referred to health centers and bases in Sabzevar. Samples are selected through convenience sampling and randomly allocated to two test (87 people) and control (87 people) groups. The data will be collected using a demographic characteristics checklist and Wijma fear of childbirth questionnaire (version A) before and after intervention and 14 days after childbirth.

Settings and conduct

This study was carried out at Sabzevar health centers and bases. In this study, statistician was blinded. He analyzed the data while he did not know the assignment of patients to the groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Gestational age 20-24; Willingness to participate in research; Have reading and writing skills; First or second pregnancy; Assessment of delivery as a scary event (score of 3 or more 5 Likert scale); Age range 18-35; Single pregnancy; Wanted pregnancy
Non entry criteria: Chronic disease such as heart disease, hypertension, diabetes mellitus; History of abortion and cesarean section; Bleeding Placenta previa; Use of certain drugs; Mental illness during the last year; Drug addiction and cigarette smoking

Intervention groups

In the intervention group, training program runs in eight, 90-minute sessions starting from the 20th week to the 24th week of pregnancy. Each session consists of two parts: a training (educational) section (45 minutes) and a practical training section (45 minutes). There is not any

intervention in control group. care and education will be done individually.

Main outcome variables

Fear of childbirth; Cesarean preference

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170827035934N2**

Registration date: **2018-02-05, 1396/11/16**

Registration timing: **registered_while_recruiting**

Last update: **2018-02-05, 1396/11/16**

Update count: **0**

Registration date

2018-02-05, 1396/11/16

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4466 9189

Email address

maryammehrabady@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-04, 1396/10/14

Expected recruitment end date

2018-06-04, 1397/03/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of normal delivery education on childbirth fear and cesarean preference in pregnancy and postpartum in women referred to health clinics

Public title

The effects of normal delivery education on childbirth fear and cesarean preference in pregnancy and postpartum

Purpose

Health service research

Inclusion/Exclusion criteria**Inclusion criteria:**

Gestational age 20-24 Willingness to participate in research Have reading and writing skills first or second pregnancy assessment of delivery as a scary event (score of 3 or more 5 Likert scale) age range 18-35 single pregnancy Wanted Pregnancy

Exclusion criteria:

Chronic disease such as heart disease, Hypertension, Diabetes mellitus History of abortion and cesarean section Bleeding Placenta previa Use of certain drugs Mental illness during the last year Drug addiction and cigarette smoking

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **174**

Randomization (investigator's opinion)

Randomized

Randomization description

Number 1 (as test group) and number 2 (as control group) are written on two cards. Then we ask a co-worker to choose a card from these two cards. First ten participants are assigned to test or control group according to first number. Next 10 participants are assigned to the other group. This process will be repeated until the end of sampling.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, statistician was blinded. He analyzed the data while he did not know the assignment of patients to the groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Sabzevar University of Medical Sciences

Street address

Campus of the University of Medical Sciences, after Grave of Unknown Martyrs, Tohid Shahr boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613873136

Approval date

2018-01-03, 1396/10/13

Ethics committee reference number

IR.MEDSAB.REC.1396.116

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

Fear of Childbirth

ICD-10 code

F40.8

ICD-10 code description

Other phobic anxiety disorder

2**Description of health condition studied**

cesarean preference

ICD-10 code

O82

ICD-10 code description

Single delivery by caesarean section

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

Fear of Childbirth

Timepoint

Before intervention, after intervention, 14 days after childbirth

Method of measurement

Wijma fear of childbirth questionnaire, A version

Secondary outcomes

1

Description

childbirth method selection

Timepoint

Before intervention, after intervention, 14 days after childbirth

Method of measurement

childbirth method selection questionnaire

Intervention groups

1

Description

Intervention group: In the intervention group, training program runs in eight, 90-minute sessions starting from the 20th week to the 24th week of pregnancy. Each session consists of two parts: a training unit (45 minutes) and a practical training section (45 minutes).

Category

Prevention

2

Description

Control group will be administered by usual cares of the healthcare center.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar Health centers and Bases

Full name of responsible person

Maryam Mehrabadi

Street address

Unit One, No. 30, Farhangian 10 Alley, Farhangian Avenue

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9618745111

Phone

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Email

maryammehrabady@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

دکتر فرشته قراط

Street address

Campus of the University of Medical Sciences, after Grave of Unknown Martyrs, Tohid Shahr boulevard

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Phone

+98 51 4401 1300

Email

info@medsab.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar University of Medical Sciences

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

Sabzevar University of Medical Sciences

Full name of responsible person

Maryam Mehrabadi

Position

MSc in Midwifery

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Forough Mortazavi

Position

faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The sampling of this study will end before December 97.
There is no more information.

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

Not applicable