

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of health education based on theory of Planned Behavior on preconception care

Protocol summary

Study aim

Effect of education based on planned behavior theory on receiving prenatal care

Design

The study is an experimental randomized clinical trial that aims to investigate the effect of educational intervention based on the theory of planned behavior on receiving prenatal care. The data collection tool is a researcher-made questionnaire. The research environment is the study of the Center for Comprehensive Health Care Services No. 1 in Takestan. Samples will be selected among women participating in premarriage classes. Selection of samples will be done by random assignment. The pre-test questionnaire will be provided to the two test and control groups for the overall assessment of the audiences that affect the behavior.

Settings and conduct

Municipal Health Center No. 1 vineyard.

Participants/Inclusion and exclusion criteria

1. Have the consent to participate in the study. 2. It is in the age range of 18 to 40 years. 3. Lack of underlying illness that is an absolute prohibition for pregnancy. 4. The desire to have a pregnancy within a maximum of one year from the start of the study. 5. Reading and writing skill

Intervention groups

The intervention group includes 75 women who take part in marriage training classes, which will receive four sessions based on the theory of planned behavior. The control group also includes 75 women attending marriage classes, which will receive only one session of marriage training.

Main outcome variables

preconception care

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171019036878N3**

Registration date: **2018-03-21, 1397/01/01**

Registration timing: **prospective**

Last update: **2018-03-21, 1397/01/01**

Update count: **0**

Registration date

2018-03-21, 1397/01/01

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3524 1969

Email address

o.ghafoori@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-26, 1397/01/06

Expected recruitment end date

2018-04-26, 1397/02/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of health education based on theory of Planned Behavior on preconception care

Public title

Effect of health education based on theory of Planned Behavior on preconception care

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

The age range is 18 to 40 years old. Planned for pregnancy within one year from the start of the study. Have reading and writing skills. Not having an underlying condition that has an absolute contraction of pregnancy.

Exclusion criteria:

Exit from the research site.

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be randomly assigned. The green card for the intervention group and the yellow card will be used for the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics in Biomedical Research

Street address

Bahonar Blvd., Qazvin University of Medical Sciences

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Approval date

2018-02-07, 1396/11/18

Ethics committee reference number

IR.QUMS.REC.1396.436

Health conditions studied

1

Description of health condition studied

preconception care

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Percentage of people who receive prenatal care

Timepoint

Three months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group will receive educational intervention based on the theory of planned behavior in the form of four 90-minute training sessions on a weekly basis on prenatal care. Control group: This group will not receive any educational intervention and will receive only one session of marriage training as an intervention group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Marriage Training Center

Full name of responsible person

Ozra Ghafouri

Street address

Marriage Training Center, Fakouri Street, Health Center, Imam Khomeini Street

City

Takestan

Province

Qazvin

Postal code

3481657743

Phone

+98 28 3524 7106

Email

zjourabchi@qums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Dr. Amir Peimani

Street address

Qazvin University of Medical Sciences, Shahid Bahonar Blvd

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

a Peymani@qums.ac.ir

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

Yes

Title of funding source

Qazvin 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**

Qazvin University of Medical Sciences

Full name of responsible person

Ozra Ghafouri

Position

Midwife

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Andisheh 22, Teacher Street, Takestan - Imam Street, Qazvin

City

Takestan

Province

Qazvin

Postal code

34841

Phone

+98 28 3524 1969

Email

ozra_ghafoori1969@yahoo.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Qazvin University of Medical Sciences

Full name of responsible person

Dr. Zinat Jorabchi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Family Health

Street address

University of Medical Sciences, Boulevar shahid bahonar

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Phone

+98 28 3333 6001

Email

zjourabchi@qums.ac.ir

Person responsible for updating data

Contact**Name of organization / entity**

Qazvin University of Medical Sciences

Full name of responsible person

Ozra Gafouri

Position

Midwife

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Andisheh 22, Teachers' Street, Imam Street

City

Takestan

Province

Qazvin

Postal code

34841

Phone

+98 28 3524 1969

Email

ozra_ghafoori1969@yahoo.com

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

No more information

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

No more information

When the data will become available and for how long

Get started six months after printing results

To whom data/document is available

Researchers working in academic institutions

Under which criteria data/document could be used

No more information

From where data/document is obtainable

email address

What processes are involved for a request to access data/document

Six months after printing results

Comments