

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

"The Effect of Mobile Based Education on the Effect of Breastfeeding in Postpartum Period"

Protocol summary

Study aim

Determining the effect of education through telegram on the self-efficacy of breastfeeding women in postpartum period

Design

The clinical trial was conducted in two groups of control and intervention, semi experimental, non-blind, in each group of 36 patients

Settings and conduct

Research area, Imam Khomeini Hospital in North Khorasan, and the research population of all women who are giving birth and hospitalization in the postpartum period. To prevent communication between the two groups, sampling is done in two periods of 8 weeks and a total of 16 weeks. At first, the control group is selected by continuous sampling. The questionnaires are completed within the first 24 hours after delivery, 4 weeks after delivery and 8 weeks after delivery. After the end of the control group sampling, the intervention group is done in the same way.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a healthy baby and a term, single pregnancy, having no lactation in the mother and the baby, having a smartphone and having access to the social network of the telegram
Non-compliance criteria: the occurrence of a disease in the mother or infant, or the conditions that are inconsistent with continuing lactation, lack of access to the telegram

Intervention groups

The study included two groups of control and intervention. The control group only receives routine lactation training at the hospital. In the intervention group, from the first day after delivery for a period of four weeks, a livelihood training content is sent daily to research units on the basis of the individual's need through telegrams in written, audio, visual, or educational video.

Main outcome variables

Self-efficacy of breastfeeding in women after childbirth

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171024036972N2**

Registration date: **2018-06-24, 1397/04/03**

Registration timing: **retrospective**

Last update: **2018-06-24, 1397/04/03**

Update count: **0**

Registration date

2018-06-24, 1397/04/03

Registrant information

Name

sahar nayebian

Name of organization / entity

Tehran university of medical science

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 5560

Email address

nayebian2034@gmail.com

Recruitment status

Recruitment complete

Funding source

Government-Tehran University of Medical Sciences

Expected recruitment start date

2017-12-02, 1396/09/11

Expected recruitment end date

2018-05-20, 1397/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

"The Effect of Mobile Based Education on the Effect of Breastfeeding in Postpartum Period"

Public title

"Effects of Learning through telegram on the breastfeeding self-efficacy"

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Inclusion criteria: Having a healthy baby and a term with weight equal to 2500 grams Single pregnancy Pregnancy and low risk childbirth Passing a maximum of 24 hours from delivery Not having a breastfeeding prohibition in mother and baby Do not drink alcohol or tobacco Reading and writing skills Failure to deal with a bad event such as the death of loved ones during the past month Having smart phones and access to the social network Telegram Exit criteria Exclusion criteria: Incidence of maternal or newborn diseases Or circumstances that conflict with the continuation of breastfeeding Exposure to an unpleasant incident such as the death of loved ones Failure to have access to a telegram for more than a week or to repeat the absence of the message For two days after reviewing the cause of non-observation

Exclusion criteria:

The separation of mother and infant after birth or the conditions that contradict breastfeeding Not having smart phone

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This is a semi-experimental interventional study. At first, the control group is selected. After two months, the three steps of the intervention group questionnaire are selected and trained through the telegram.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

Dr. Mirkhani Street, Tohid Square, School of Nursing and Midwifery

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2017-11-04, 1396/08/13

Ethics committee reference number

IR.TUMS.FNM.REC.1396.3871

Health conditions studied

1

Description of health condition studied

Investigation of self-efficacy of breastfeeding women after delivery, after training through telegram

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-efficacy score for lactation in the fax and Dennis questionnaires

Timepoint

Determine self-efficacy score for lactation during the first 24 hours after delivery (before intervention), 4 weeks (immediately after intervention) and 8 weeks (4 weeks after intervention) after delivery

Method of measurement

breastfeeding self-efficacy questionnaire Fax & Dennis

Secondary outcomes

empty

Intervention groups

1

Description

In the control group, only routine care is provided, which is routinely administered in the hospital and is usually followed by post-delivery care.

Category

Other

2

Description

Intervention group: After completing the control group sampling, the intervention group sampling was done in the same way. In the intervention group, in addition to the training, lactation training was conducted by a mobile researcher using the telegram n

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Sahar Nayebyan

Street address

Imam Reza Street, Imam Khomeini Hospital

City

Shirvan

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North Khorasan

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nayebyan2034@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Zahra Tavakol

Street address

Corner of Qods Street, Keshavarz Boulevard, Central Office of Tehran University of Medical Sciences

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Sahar Nayebyan

Position

MSc student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

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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

"No more information"

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available