Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

A comparison of the effect of problem solving skills training and relaxation on severity of depression symptoms in postpartum period

Protocol summary

Summary

This study compares the effect of problem solving and relaxation training on depressive symptoms in the postpartum period. In this clinical trial, women in the 20-15days postpartum are enrolled with the Edinburgh depression score 10 or higher and Beck Depression Inventory score 28-14with twin single healthy infant weighing 2500 g or higher. Women with symptoms of postpartum disease, history of medical illnesses, chronic neurological disorders, history of previous depression or mother or infant in a hospital bedridden and there stressful events in life are excluded. Women in the third week after delivery of health centers in Mashhad randomly select three groups of problem solving skills, relaxation and control. Problem solving training group, five stages of problem solving is implemented to reduce symptoms of depression appeared in person weekly for 6 weeks. Relaxation group, in addition, progressive muscle exercises is implemented for about 15-10 minutes during the four weeks daily at home, as well as guided imagery for about 20-10 minutes Weekly in Health Center. Beck Depression Inventory will be completed and scores in the three groups will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138810152956N2**
Registration date: **2011-01-02, 1389/10/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-01-02, 1389/10/12

Registrant information

Name

Masoumeh Kordi

Name of organization / entity

Nursing and Midwifery Schoo, Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 1859 1511

Email address

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Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2009-12-28, 1388/10/07

Expected recruitment end date

2010-11-28, 1389/09/07

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison of the effect of problem solving skills training and relaxation on severity of depression symptoms in postpartum period

Public title

Problem solving training, relaxation, severity of postpartum depression symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Monogamy, Edinburgh depression score10 and higher, Beck Depression Inventory score of 14 to 28, gestational age 42-38 weeks, birth weight

above 2500 grams, infants apparently healthy, single infant. Exclusion criteria: symptoms of postpartum blues, chronic medical disease and neurological disorders, previous history of depression, medication, hospitalization of baby or mother in the hospital after delivery, stressful life events.

Age

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

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

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 Committee of Mashhad University of Medical Sciences

Street address

Ghoreishi building, Daneshgah ave, Mashhad

City

Mashhad

Postal code

Approval date

2009-12-16, 1388/09/25

Ethics committee reference number

88361

Health conditions studied

1

Description of health condition studied

postpartum depression

ICD-10 code

F53.0

ICD-10 code description

Mild mental and behavioural disorders associated with the puerperium, not elsewhere classified

Primary outcomes

1

Description

severity of depression symptoms

Timepoint

9 weeks after delivery

Method of measurement

beck depression inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention 1: In the problem solving group, problem solving skills is performed for women third week after delivery during the six sessions for 45-50 minutes weekly. Each session is run based on Depressive symptoms of person. Reduce symptoms, is presented solutions by the woman and selected best solution among them to solve and performed by her. At the beginning of each session, questioned feedback for improving the symptoms of the person. Beck Depression Inventory is again completed 9 weeks after delivery.

Category

Behavior

2

Description

Intervention 2: In relaxation group, progressive muscle relaxation (contracting and relaxing 16 muscle groups) is taught by the researcher during the first two sessions and then is done daily for 10-15 minutes using training tapes by mothers at home within 4 weeks. Visualization of beach, forest, pilgrimage places, green space and environmental good climate is executed for 10-20 minutes weekly during the 4 session on health centers. Beck Depression Inventory is again completed 9 weeks after delivery.

Category

Behavior

3

Description

Intervention 3: In the control group, conventional obstetric care is done per week 2, 6 and 8 after delivery for women according to the manual application specific of native country safe midwife - general practitioner. Also, women recorded daily checklist of symptoms of depression and refferd severe major depression and suicidal thoughts. Beck Depression Inventory is again completed 9 weeks after delivery.

Category

Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Selected Health Centers -Regions of 2 and 3 in Mashhad
Full name of responsible person
Massomeh Kordi
Street address
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad, University of Medical Sciences, Mashhad, Iran
Full name of responsible person
Vice chancelloer for research
Street address
Mashhad Faculty of Nursing and Midwifery, Ebne sina St., Chaharah Doktora Crossing
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad, University of Medical Sciences, Mashhad, Iran
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
Mashhad Faculty of Nursing and Midwifery
Full name of responsible person
Massomeh Kordi
Position
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Person responsible for updating data

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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