

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison muscle relaxation and guided imagery on happiness and fear of childbirth in primiparous women referred to health centers in Zahedan in 2017

Protocol summary

Study aim

Evaluation of muscle relaxation and guided imaginary effects on happiness and fear of childbirth in primiparous women

Design

Muscle Relaxation, Guided Imaginary, Control, Simple randomized sampling ,Sample Size equal to 80, Semi-experimental

Settings and conduct

Health Centers of Zahedan City, Semi-experimental, Available sampling, Simple randomized

Participants/Inclusion and exclusion criteria

Inclusion criteria: women who aged from 18 to 35 years and have gestational age from 26 to 32 weeks considered for the study. Exclusion criteria: Mothers who have medical and surgical complications, more than singleton birth, unwanted pregnancy, addiction, mental illness, acute physical illness or chronic underlying diseases, stressful incidence in recent 6 months, participation in physiological delivery workshops were excluded from the study.

Intervention groups

Muscle Relaxation, Guided Imaginary

Main outcome variables

Reducing the Fear of childbirth, Happiness

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171230038133N1**

Registration date: **2018-04-30, 1397/02/10**

Registration timing: **retrospective**

Last update: **2018-04-30, 1397/02/10**

Update count: **0**

Registration date

2018-04-30, 1397/02/10

Registrant information

Name

Tahereh Boryri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3344 2481

Email address

boreyri@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-11-21, 1396/08/30

Actual recruitment start date

2017-09-23, 1396/07/01

Actual recruitment end date

2017-11-21, 1396/08/30

Trial completion date

empty

Scientific title

Comparison muscle relaxation and guided imagery on happiness and fear of childbirth in primiparous women referred to health centers in Zahedan in 2017

Public title

Compare of muscle relaxation and guided imagery on happiness level and Fear of childbirth

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Full term, Singleton pregnancy, Wanted pregnancy, No Addiction

Exclusion criteria:

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

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **180**
Actual sample size reached: **180**

Randomization (investigator's opinion)
Randomized

Randomization description
Sibe system

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Zahedan University of Medical Sciences

Street address

Hesabi Sqr

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Approval date

2017-08-02, 1396/05/11

Ethics committee reference number

8322

Health conditions studied

1

Description of health condition studied

Labor pain reduction

ICD-10 code

O80.9

ICD-10 code description

Single spontaneous delivery, unspecified

Primary outcomes

1

Description

Muscle Relaxation, Guide Imagery

Timepoint

4Weeks

Method of measurement

Briselin & Oxford Questionnaire

2

Description

Reduce Fear , Increase Happiness

Timepoint

4 Weeks

Method of measurement

Briselin & Oxford Questionnaire

Secondary outcomes

1

Description

Decreasing fear and Increasing happiness

Timepoint

4 Weeks

Method of measurement

Briselin and Oxford questionnaires

Intervention groups

1

Description

Intervention group: Muscle relaxation

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Zahedan Health Centers

Full name of responsible person

Boryri, Tahereh

Street address

Mashahir Sqr

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Province

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9816834789

Phone

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Email

boryri_tahereh@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Noor Mohammad Bakhshani

Street address

Pardis Hessabi Squire

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bakhshani@zaums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zahedan 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

Zahedan University of Medical Sciences

Full name of responsible person

Tahereh ,Boryri

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Tahereh Boryri

Position

Faculty Member

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Faculty Member

Latest degree

Master

Other areas of specialty/work

Midwifery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The Information is secret and secure and entering person are with code

When the data will become available and for how long

Six months after printing results

To whom data/document is available

Academic Institutions

Under which criteria data/document could be used

To provide better services and facilities to pregnant mothers and reducing cesarean section

From where data/document is obtainable

Pregnant women with contact number and home address

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

After printing the article

Comments