

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

Comparing the effect of mindfulness-based childbirth and parenting education and routine care on maternal-fetal attachment

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Comparing the effect of mindfulness-based childbirth and parenting education and routine care on maternal-fetal attachment

Last update: **2018-02-21, 1396/12/02**

Update count: **0**

Registration date

2018-02-21, 1396/12/02

Design

In this research, 40 eligible pregnant women refer to will be chosen. Women will be allocated to two equal groups of intervention and control according to block randomization method.

Registrant information

Name

zeinab gheibi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4363 2403

Email address

z.gheibi@ajums.ac.ir

Settings and conduct

This interventional study with quasi-experimental design and one control and one intervention group will be conducted on Ahvaz East and West Health Cares and Ahvaz Emam Khomeini clinic.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having 18-35 years old; being on 16-28 weeks of gestation; singleton pregnancy; having the ability to read and write. Exclusion criteria: Having clinical and obstetric problems; having acute psychiatric disorders; having cigarettes or alcohol addictions or drugs abuse; having history of abnormal stressful conditions due to unpleasant life events such as death of husband or other family members, divorce, huffing with husband, and being of husband on prison.

Expected recruitment start date

2018-02-04, 1396/11/15

Expected recruitment end date

2018-08-06, 1397/05/15

Intervention groups

Intervention group will receive mindfulness-based childbirth and parenting education weekly during 9 weeks by researcher, while control group will receive only routine care.

Actual recruitment start date

empty

Actual recruitment end date

empty

Main outcome variables

Maternal-fetal attachment

Trial completion date

empty

General information

Scientific title

Comparing the effect of mindfulness-based childbirth and parenting education and routine care on maternal-fetal attachment

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180108038272N1**

Registration date: **2018-02-21, 1396/12/02**

Public title

Effect of mindfulness-based childbirth and parenting education on maternal-fetal attachment

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having 18-35 years old Being on 16-28 weeks of gestation Singleton Pregnancy Having the ability to read and write

Exclusion criteria:

Having clinical and obstetric problems Having acute psychiatric disorders Having cigarettes or alcohol addictions or drugs abuse Having history of abnormal stressful conditions due to unpleasant life events such as death of husband or other family members, divorce, huffing with husband, and being of husband on prison

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: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Pregnant women will be allocated to two equal groups of intervention and control according to block randomization method.

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 Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences, Golestan road, Ahvaz, Khozestan

City

Ahvaz

Province

Khuzestan

Postal code

6135715794

Approval date

2017-12-16, 1396/09/25

Ethics committee reference number

IR.AJUMS.RE.1396.711

Health conditions studied

1

Description of health condition studied

Maternal-fetal attachment

ICD-10 code

O26

ICD-10 code description

Maternal care for other conditions predominantly related to pregnancy

Primary outcomes

1

Description

Maternal-fetal attachment

Timepoint

Before and immediately at the end of intervention

Method of measurement

The Maternal-Foetal Attachment Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group will receive mindfulness-based childbirth and parenting education weekly during 9 weeks by researcher.

Category

Behavior

2

Description

Control group: control group will receive only routine care.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz West Health Care

Full name of responsible person

Zeinab Ghaebi

Street address

In front of Haft Tir park, Shahid Rastegari Street, Aeatollah Behbahani Blvd, Ahvaz

City

Ahvaz
Province
Khouzestan
Postal code
6135715794
Phone
+98 61 3221 5633
Email
zeinab_gheibi@yahoo.com

2

Recruitment center

Name of recruitment center
Ahvaz Imam Khomeyni clinic
Full name of responsible person
Zeinab Ghaebi
Street address
Imam Khomeyni clinic, Azadegan road, Ahvaz,
Khozestan
City
Ahvaz
Province
Khouzestan
Postal code
6193673111
Phone
+98 61 3222 2922
Email
zeinab_gheibi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dr. Behzad Sharif Makhmalzadeh
Street address
Ahvaz Jundishapur University of Medical Sciences,
Golestan road, Ahvaz, Khozestan
City
Ahvaz
Province
Khouzestan
Postal code
6135715794
Phone
+98 61 3333 3477
Email
zeinab_gheibi@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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
Ahvaz University of Medical Sciences
Full name of responsible person
Nahid Javadi Far
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Midwifery
Street address
Faculty of Nursing and Midwifery, Ahvaz Jundishapur
University of Medical Sciences, Golestan road, Ahvaz,
Khozestan
City
Ahvaz
Province
Khouzestan
Postal code
6135715749
Phone
+98 61 3373 8331
Email
Nahidjavadifar_341@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Nahid Javadi Far
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Midwifery
Street address
Faculty of Nursing and Midwifery, Ahvaz Jundishapur
University of Medical Sciences, Golestan road, Ahvaz,
Khozestan
City
Ahvaz
Province
Khouzestan
Postal code
6135715749

Phone

+98 61 3373 8331

Email

nahidjavadifar_341@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Zeinab Gaeibi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Faculty of Nursing and Midwifery, Ahvaz Jundishapur
University of Medical Sciences, Golestan road, Ahvaz,
Khozestan

City

Ahvaz

Province

Khuzestan

Postal code

6135715794

Phone

+98 61 3373 8331

Email

zeinab_gheibi@yahoo.com

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

Not applicable

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Only a part of patients demographical data and main
outcomes will be shared.

When the data will become available and for how long

Six months after data publishing

To whom data/document is available

Data will be available only for researchers working on
academic and university associations.

Under which criteria data/document could be used

Mention of study name and authors name

From where data/document is obtainable

Zeinab Ghaibi: School of Nursing and Midwifery, Ahvaz
Jundishapur University of Medical Sciences, Ahvaz, Iran

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

At last one month after request

Comments