

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of peer education in pregnant women on the degree of fear of pain and normal delivery

Protocol summary

Study aim

Determine the effect of peer education in pregnant women on the degree of fear of pain and normal delivery

Design

Clinical trial with intervention and control group, with parallel groups, randomized, randomized

Settings and conduct

The training of mothers in health centers was done in the intervention group of the trained mothers by trained counterparts, the mothers were not informed about which group they were assigned to.

Participants/Inclusion and exclusion criteria

Willingness to cooperate - Reading and Writing Persian - Age range 18 to 35 years - Gestational age 24-34 weeks - primipara - Single pregnancy - Having no physical, mental or psychological illness - Possibility of direct contact with the pregnant mother - Lack of participation or incomplete participation in peer education training sessions - Incidence of any pregnancy complications - Experience of social and family crises during study

Intervention groups

Patients in the intervention group were trained by their trained counterparts during the four sessions, but the control group received only routine training for pregnant mothers. All patients in both groups will receive routine training, and no illness will be deprived of relevant training. The intervention in this study has been trained by peers.

Main outcome variables

Reduce fear of normal delivery; reduce labor pain; increase normal delivery

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180320039132N1**

Registration date: **2018-07-03, 1397/04/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-07-03, 1397/04/12**

Update count: **0**

Registration date

2018-07-03, 1397/04/12

Registrant information

Name

Islamic Republic of Iran Yaghoobi Moghadam Bilondi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 9025

Email address

yaghoobi.f@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-13, 1396/12/22

Expected recruitment end date

2018-09-22, 1397/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peer education in pregnant women on the degree of fear of pain and normal delivery

Public title

The effect of peer education on the fear and pain of labor

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Willingness to cooperate Having literacy in reading and writing Persian Age range 18 to 35 years old Gestational age 24-34 weeks Primi para Single pregnancy Having no physical, mental, or mental illness in accordance with the mother The lack of medical indication for cesarean section Possibility to make direct contact with the pregnant mother

Exclusion criteria:

Failure of the company or incomplete company in the peer group training sessions The onset of any complications of pregnancy (such as preeclampsia, bleeding, diabetes, intrauterine death, early delivery, etc.) Experience of social and family crises during study

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the names of pregnant mothers with contraceptive control in the centers of health who have the characteristics of the company in the research were extracted and using the random numbers table, n samples were selected and then placed in the control and case groups in a random manner.

Blinding (investigator's opinion)

Single blinded

Blinding description

The mothers are not aware of they are in which group

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Committee of Gonabad University of Medical Sciences

Street address

Asian Road Border - University of Medical Sciences

City

Gonabad

Postal code

9691793718

Approval date

2018-05-14, 1397/02/24

Ethics committee reference number

IR.GMU.REC.1397.007

Health conditions studied

1

Description of health condition studied

Fear and pain of normal labor

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Fear of giving birth is measured by Vijimy's A fears of delivery.

Timepoint

Before intervention and after intervention

Method of measurement

Vijimy's A fears of delivery.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients in the case group were trained by peers who were trained during the four-week round.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers of Gonabad city

Full name of responsible person

Fatemeh Yaghoubi

Street address

Asian Road, University of Medical Sciences

City

Gonabad

Province

Razavi Khorasan

Postal code

9691793718

Phone

+98 51 5722 3028

Email

f.yaghoobi.m@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr. Reza Esmaili

Street address

Khorasan Razavi - Gonabad - Asian Road Rim -
Medical Sciences University - Social Development and
Health Promotion Research Center

City

Gonabad

Province

Razavi Khorasan

Postal code

9691793718

Phone

+98 51 5722 3028

Fax

Email

info@gmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Roghayeh Rahmani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

Street address

Khorasan Razavi - Gonabad - Asian Road Rim -

Medical Sciences University - Social Development and
Health Promotion Research Center

City

Gonabad

Province

Razavi Khorasan

Postal code

9691793718

Phone

+98 51 5722 3028

Email

roghaiehrahmani@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Roghani Rahmani

Position

Associate

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

Street address

Khorasan Razavi - Gonabad - Asian Road Rim -
Medical Sciences University - Social Development and
Health Promotion Research Center

City

Gonabad

Province

Razavi Khorasan

Postal code

9691793718

Phone

+98 51 5722 3028

Email

roghaiehrahmani@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Roghaieh rahmani

Position

Associate

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

Street address

Khorasan Razavi - Gonabad - Asian Road Rim -
Medical Sciences University - Social Development and
Health Promotion Research Center

City

Gonabad

Province

Razavi Khorasan

Postal code

۹۶۹۱۷۹۳۷۱۸

Phone

+98 51 5722 3028

Email

roghaiehrahmani@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to

make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available