

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Comparing the effectiveness of cognitive behavioral training and positive psychology training on psychological health in pregnant women with pregnancy anxiety

Protocol summary

Study aim

The aim of this research is comparing the effectiveness of cognitive behavioral training and positive psychology training on psychological health in pregnant women with pregnancy anxiety.

Design

Clinical trial with 2 experimental group (n=15) and one control group (n=15), parallel groups, randomized by random assignment in groups

Settings and conduct

The study will perform in 8 educational session to both experimental groups way in Ahar without blinding

Participants/Inclusion and exclusion criteria

Inclusion criteria: 3-6 mounts pregnant; age 20-35; at least diploma Exclusion criteria: having physical and psychological diseases in past

Intervention groups

Experimental group 1: 8 1-hour sessions of cognitive behavioral training for 1 month; Experimental group 2: 8 1-hour sessions of positive psychology training for 1 month; control group: without training

Main outcome variables

Pregnancy anxiety! anxiety sensitivity! resilience! quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171212037852N1**

Registration date: **2019-03-16, 1397/12/25**

Registration timing: **retrospective**

Last update: **2019-03-16, 1397/12/25**

Update count: **0**

Registration date

2019-03-16, 1397/12/25

Registrant information

Name

Mahdieh Jafari

Name of organization / entity

University of Mohaghegh Ardabili

Country

Iran (Islamic Republic of)

Phone

+98 45 3150 5000

Email address

m.jafari@student.uma.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-06-21, 1397/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of cognitive behavioral training and positive psychology training on psychological health in pregnant women with pregnancy anxiety

Public title

The effectiveness of cognitive behavioral training and positive psychology training on psychological health

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

3-6 months pregnant at least diploma age 20-35

Exclusion criteria:

Record of physical and psychological illnesses

Age

From **20 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Randomized

Randomization description

The member of sample assigned in the experimental and control group by lottery.

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 Ardabil University of Medical Sciences

Street address

Daneshgah Ave.

City

Ardabil

Province

Ardabil

Postal code

5451917961

Approval date

2017-10-04, 1396/07/12

Ethics committee reference number

IR.ARUMS.REC.1396.112

Health conditions studied

1

Description of health condition studied

Pregnancy Anxiety

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pregnancy Anxiety

Timepoint

Before the training and 1 week after the training

Method of measurement

Prenatal Distress Questionnaire

Secondary outcomes

1

Description

Quality of life

Timepoint

Before the training and 1 week after the training

Method of measurement

WHOQ-BREF

2

Description

Anxiety sensitivity

Timepoint

Before the training and 1 week after the training

Method of measurement

Anxiety sensitivity inventory

3

Description

Resistance

Timepoint

Before the training and 1 week after the training

Method of measurement

Resistance scale

Intervention groups

1

Description

Intervention group 1: 8 1-hour sessions of cognitive behavioral training for 1 month including: 1. introducing of participants, pre-test, explanation about nature of anxiety during pregnancy, 2. presentation of basic information about CBT, 3. The ways of realizing automatic thoughts, 4. evaluation of worries, 5. mindfulness training, 6. relaxation training, 7. the ways of problem solving, 8. review and post-test.

Category

Behavior

2

Description

Intervention group 2 : 8 1-hour sessions of positive

psychology training for 1 month including: 1. introducing of participants, pre-test, explanation about nature of anxiety during pregnancy, 2. introduction of positive psychology, 3. recognizing strengths, 4. gratitude training, 5. satisfying versus maximizing training, 6. hope and optimism, 7. savoring, 8. review and post-test.

Category

Behavior

3

Description

Control group: without training

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health care centers in Ahar

Full name of responsible person

Mahdieh Jafari

Street address

Shahrdari Square

City

Ahar

Province

East Azarbaijan

Postal code

5451917961

Phone

+98 41 4433 3120

Email

m.jafari9372@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Mohaqeq Ardabili

Full name of responsible person

Mohammad Narimani

Street address

Faculty of Education & Psychology, University of Mohaqeq Ardabili, university street, Ardabil

City

Ardabil

Province

Ardabil

Postal code

5698725761

Phone

+98 45 3551 2081

Email

narimani@uma.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Mohaqeq Ardabili

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

University of Mohaghegh Ardabili

Full name of responsible person

Mahdieh Jafari

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Faculty of Education & Psychology, University of Mohaqeq Ardabili, University street, Ardabil

City

Ardabil

Province

Ardabil

Postal code

5451917961

Phone

+98 45 3551 2081

Email

m.jafari9372@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Mohaghegh Ardabili

Full name of responsible person

Mahdieh Jafari

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Faculty of Education & Psychology, University of Mohaqeq Ardabili, University street, Ardabil

City

Ardabil
Province
Ardabil
Postal code
5451917961
Phone
+98 45 3551 2081
Email
m.jafari9372@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
University of Mohaghegh Ardabili
Full name of responsible person
Mahdieh Jafari
Position
student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
Faculty of Education & Psychology, University of
Mohaqeq Ardabili, University street, Ardabil
City
Ardabil
Province
Ardabil

Postal code
5451917961
Phone
+98 45 3551 2081
Email
m.jafari9372@gmail.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