

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of walking on blood pressure disorders of pregnancy in women susceptible to blood pressure referred to Midwifery Services Provider centers

Protocol summary

Study aim

Determining the effect of walking on gestational hypertension disorder in women at risk for hypertension referring to midwifery services centers in 1396

Design

Clinical trials with community-based and pragmatic control group, randomized, randomized groups

Settings and conduct

Pregnant women who are prone to gestational hypertension who refer to all of the comprehensive health centers in Rafsanjan, are randomly assigned into two intervention and control groups without any knowledge of which group. The intervention group undergoes a walking intervention from 14 to 34 weeks of pregnancy

Participants/Inclusion and exclusion criteria

inclusion criteria Pregnancy age 14 weeks Pregnant women with risk factors for gestational hypertension (history of chronic hypertension, history of gestational hypertension in pregnancy, history of autoimmune disease, apparent diabetes, pregnant mother Nulipar with preeclampsia history in first-degree relatives) Non-compliance criteria: Pregnant women who have a limit on physical activity Pregnant women who have psychological illnesses such as depression and anxiety. Multiple pregnancy Do not want to participate in the study

Intervention groups

Pregnant women susceptible to gestational hypertension with a gestational age of 14 to 34 weeks who undergo moderate walking intervention for 20-30 minutes and four times a week. Control group: no additional work

Main outcome variables

Preeclampsia, preeclampsia added to chronic blood pressure, eclampsia, gestational hypertension

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180506039561N1**

Registration date: **2018-08-03, 1397/05/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-08-03, 1397/05/12**

Update count: **0**

Registration date

2018-08-03, 1397/05/12

Registrant information

Name

Marjan Beigi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3432 5810

Email address

beigi@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-01, 1397/04/10

Expected recruitment end date

2018-12-22, 1397/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of walking on blood pressure disorders of pregnancy in women susceptible to blood pressure referred to Midwifery Services Provider centers

Public title

The effect of walking on blood pressure disorders of pregnancy in women susceptible to blood pressure

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Pregnant women are prone to hypertension with gestational age of 14 weeks Pregnant women with risk factors for gestational hypertension (history of chronic hypertension, history of gestational hypertension in pregnancy, history of autoimmune disease, apparent diabetes, pregnant mother Nulipar with preeclampsia history in first-degree relatives)

Exclusion criteria:

Pregnant women who have a limited physical activity
Pregnant women with a history of psychological illness
Pregnant women with multiple pregnancies
Pregnant women who do not want to participate in the study

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 72

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization process is performed through a random number table. The researcher selects the numbers from the upper side and considers the pair numbers for the intervention group and the individual numbers for the control group. Also, the process of this sequence is hidden.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Esfahan University of Medical Sciences

Street address

Hezar jarib . Esfahan University of Medical Sciences

City

Esfahan

Province

Isfahan

Postal code

8174673461

Approval date

2017-09-25, 1396/07/03

Ethics committee reference number

396533

Health conditions studied

1

Description of health condition studied

pregnancy hypertention disorders

ICD-10 code

O10

ICD-10 code description

Pre-existing hypertension complicating pregnancy, childbirth and the puerperium

Primary outcomes

1

Description

Types of Pregnancy Blood Pressure (preeclampsia, preeclampsia added to chronic blood pressure, eclampsia, pregnancy blood pressure)

Timepoint

14, 16, 20, 24, 28, 30, 32, 34 weeks of Pregnancy

Method of measurement

Pressure gauge device, clinical and paraclinical findings

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Walking from 14 to 34 weeks of pregnancy four times a week for 20-30 minutes with moderate intensity

Category

Prevention

2

Description

Control group: Without doing extra work

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

All comprehensive health centers and high risk maternity unit of Ali ibn Abitaleb Hospital in Rafsan

Full name of responsible person

Marjan Beigi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Esfahan University of Medical Sciences

Proportion provided by this source

50

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

2

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Marziye Ioripour

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Emam Ali Blvd . Rafsanjan University of Medical Sciences

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

50

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

Esfahan University of Medical Sciences

Full name of responsible person

Marjan beigi

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

Name of organization / entity
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student
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

These data are provided to comprehensive health centers to advise on the implementation of the walking program by the staff of the centers

When the data will become available and for how long

Start access after the completion of the research project

To whom data/document is available

Researchers working in academia and academia

Under which criteria data/document could be used

Transferring data to comprehensive health center personnel in order to use this plan for pregnant mothers prone to gestational hypertension

From where data/document is obtainable

researchers put it at the disposal of academic researchers

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

Researchers volunteer to provide data and analysis of information to academic researchers

Comments