

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

investigating the effect of group counseling based on motivational interview on awareness, attitude and choice of delivery in women with previous caesarean section

Protocol summary

Study aim

Determining the effect of motivational interview based on group counseling on the awareness, attitude and intention the choice of natural delivery in women with previous cesarean section history in Mashhad health centers in 1397

Design

Clinical trials have a control group and randomization, without blindness

Settings and conduct

At first, five centers of health centers in Mashhad, Center No 3 were randomly selected. Then, based on the population coverage and having the right place for consultation, four centers were selected. Random assignment of groups was done using enclosed envelopes. Finally, the intervention group is selected on the days of the single ,and the control group is selected on the day of the couple.

Participants/Inclusion and exclusion criteria

inclusion criteria contains: desire to participate in a previous cesarean section study, gestational age of 30-28 weeks, single pregnancy, live embryo and cephalic presentation, normal amniotic fluid and placement status based on ultrasonography of pregnancy, more than 6 months with previous delivery exclusion criteria includes: indication of cesarean section, medical or obstetric disease, non-transverse cesarean section

Intervention groups

The intervention consists of three group counseling sessions for 90-60 minutes based on the motivational interview structure.The control group receives the same advice as the midwife of the center

Main outcome variables

Knowledge score for normal delivery after cesarean delivery Attitude score toward normal delivery after cesarean delivery And the frequency of the intention to choose a natural birth after cesarean section

General information

Reason for update

Acronym

VBAC

IRCT registration information

IRCT registration number: **IRCT20180714040463N1**

Registration date: **2018-10-11, 1397/07/19**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-11, 1397/07/19**

Update count: **0**

Registration date

2018-10-11, 1397/07/19

Registrant information

Name

Zahra Hoseini haji

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3870 5281

Email address

hoseinihz951@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-01, 1397/05/10

Expected recruitment end date

2018-11-01, 1397/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

investigating the effect of group counseling based on motivational interview on awareness, attitude and choice of delivery in women with previous caesarean section

Public title

investigating the effect of group counseling based on motivational interview on awareness, attitude and choice of delivery in women with previous caesarean section

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Iranian and resident of Mashhad. Aged 18-35 years old A willingness to collaborate on research At least have the ability to read and write Single-pregnancy. A live embryo and a cephalic display. Amniotic fluid and placental placement are normal based on pregnancy ultrasonography. The gestational age based on the LMP or the first trimester ultrasound is of 28-30 weeks. History of once prior cesarean section The interval between pregnancy and previous delivery is greater than 6 months.

Exclusion criteria:

indication of cesarean section. Have a history of infertility. Embryo abnormalities are contraindicated in normal delivery. Have a medical or obstetric illness. Non-transverse cesarean section. Have a mental illness.

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: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

The randomization method is simple. Indirect packets were used. .

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

Mashhad University of Medical Sciences and Health Services

Street address

Khorasan Razavi - Mashhad-Ave. University- Facing Khayyayan University 18- Mashhad University of Medical Sciences- Vice-President of Research and Technology University

City

Mashhad

Province

Razavi Khorasan

Postal code

38430249-051

Approval date

2018-07-07, 1397/04/16

Ethics committee reference number

IR.MUMS.REC.1397.097

Health conditions studied

1

Description of health condition studied

vaginal birth after cesarean delivery

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Knowledge towards normal delivery after cesarean

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

The score obtained from the researcher-made questionnaire was the knowledge toward natural delivery after cesarean section.

2

Description

attitude towards normal delivery after cesarean section

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

The score obtained from the researcher-made questionnaire was the attitudetoward natural delivery after cesarean section.

3

Description

Frequency of intention to choose natural delivery after cesarean section

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

The score obtained from the researcher-made questionnaire was the intention of choice of natural delivery after cesarean section.

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: The 'intervention group' receives three groups of motivational interviewing counseling sessions for 60-90 minutes and once every two weeks, based on a structure developed by the researcher and approved by a professor of psychology

Category

Behavior

2

Description

Control group: The "control group" receives routine counseling about vaginal birth after cesarean by midwives at health centers.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center No. 3 of Mashhad

Full name of responsible person

Baratali Arab Nejad

Street address

Khayyam Blvd - Ershad Blvd. 8 - Message Street - Opposite Message 6

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Mashhad

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9185837715

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presidentoffice@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Darabi mahboob

Street address

Khorasan Razavi - Mashhad - University Street - Gharishi Building Presidential Building of Razavi Khorasan 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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Zahra Hosseini Haji

Position

Student Of Master of Midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific

inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mahboobe Firoozi

Position

Faculty of Medicine, Mashhad University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Midwifery

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Faramarz Abbasi Boulevard, Baharan, Fajr 14, plain 9

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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 of Medicine, Mashhad University of Medical Sciences

Latest degree

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Other areas of specialty/work

Midwifery

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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