Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of learning father's role on paternal-fetal attachment in men who are the first to become dad

Protocol summary

Study aim
Determining the effect of learning paternal role on paternal fetal attachment to first time fathers

Design
One clinical trial with control and intervention group, one blind (participants are not aware of the allocation to the intervention and control group), randomized, interventions for seven weeks in fifty one individuals in the intervention group

Settings and conduct
The study will be conducted as a clinical trial on 102 fathers whose husbands will be referred to comprehensive health centers for routine care. 51 Fathers will be randomly assigned to the control group and 51 other parents in the intervention group. Fathers will attend two face-to-face (In-person) training session and five-week not in-person (by smartphone) courses on paternal role, then they will be evaluated by the Cranelly and Weaver parenal fetal attachment questionnaire at the beginning and end of the work.

Participants/Inclusion and exclusion criteria
Fathers await the first child whose wives will be referred to selected health care centers for routine pregnancy care at the gestational age of 28 to 32 weeks.

Intervention groups
The intervention group on paternal role (including attachment behaviors, marital relationships, modern paternity, self-knowledge, etc.) will be trained. Ultimately, the impact of educational sessions on the attachment score will be measured.The control group will not receive any training.

Main outcome variables
paternal fetal attachment

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190311043017N1**
Registration date: **2019-05-08, 1398/02/18**
Registration timing: **registered_while_recruiting**

Last update: **2019-05-08, 1398/02/18**
Update count: **0**

Registration date
2019-05-08, 1398/02/18

Registrant information

Name
Nadia Hajirahimi

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-04-21, 1398/02/01

Expected recruitment end date
2019-10-23, 1398/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of learning father's role on paternal-fetal attachment in men who are the first to become dad

Public title
The effect of learning father's role on paternal-fetal

attachment

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

All men who are the first to become dad The first marriage Living with spouse Having a business Planned pregnancy It Have at least reading and writing skills Access to smart phones

Exclusion criteria:

Presence of high-risk pregnancy on the basis of national guidelines Having depression and a known psychological illness and use of antidepressants According to Said the person himself To be enrolled In physiological delivery classes Addiction to alcohol and drugs History of infertility

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **102**

Randomization (investigator's opinion)

Randomized

Randomization description

First, using the random numbers table, the sample size is selected from pregnant women of 28 to 32 weeks, then divided into two groups of intervention and control in closed packets.Of the 102 envelopes in the package, 51 of them are numbered 1 and 51 are the number 2. The packs are mixed together so that even the researcher does not know their content. Then the couples are asked to select the envelope, those with their envelopes containing the number 1 will be in the control group and the couples that have the number 2 in the group Will intervene (we will pay attention to the fact that due to the different types of routine training given in each center and in order to match, be sure to have equal numbers of control and intervention from each center)

Blinding (investigator's opinion)

Single blinded

Blinding description

After couples choose the envelopes, the control group members receive only routine care and only participate in the previous and next examinations, but the intervention group receives the necessary training

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee ofurmia University of Medical Sciences

Street address

Emergency alley,resalat Blvd,urmia

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urmia

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Postal code

5714783734

Approval date

2018-05-15, 1397/02/25

Ethics committee reference number

IR.UMSU.REC.1397.102

Health conditions studied

1

Description of health condition studied

paternal role

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

paternal-fetal attachment Score in Cranelly & Weaver Questionnaire

Timepoint

Completion of Cranelly & Weaver questionnaire at the beginning of the study (before the intervention) and the end of the intervention

Method of measurement

Cranelly & Weaver's paternal fetal attachment Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Fathers present in the intervention group are divided into 3 groups of 17 people. The fathers will be trained in two sessions of two hours at the beginning and the end of the intervention about attachment to their fetus and their respective skills.. In the intervals of these meetings, fathers will be trained on the paternal role for five weeks through a popular communication application in the country via

smartphones..

Category

Lifestyle

2

Description

Control group: The fathers of the control group will have only one session at the start of the intervention to complete the satisfaction(Consent form) and questionnaire, but they will receive no training. At the end of the intervention, the fathers of the control group will complete a questionnaire through a telephone call.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmia comprehensive health centers

Full name of responsible person

NadiaHajirahimi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Iraj Mohebi

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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

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

NadiaHajirahimi

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

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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