

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

20 Jun 2026

### Study of the Effect of Deep Feeling Expression of Labor Experiences in a Virtual Pear Group on Post-Traumatic Stress Disorder Symptoms and Postpartum Depression

#### Protocol summary

##### Study aim

We hope that through this intervention, we can help women by eliminating inconvenient memories of childbirth, which will make their later births normal, and reduce the number of cesarean sections.

##### Design

The clinical trial included two intervention and control groups

##### Settings and conduct

The researcher visits the Dr. Rahimi Hospital in Birjand daily and will begin sampling in an accessible (easy) manner after obtaining informed consent from eligible women. Then, the research units were divided into two groups of intervention and control, using four-dimensional permutation blocks. First, 6 possible blocks are listed (AABB, ABAB, BBAA, BABA, ABBA, BAAB) and each block is assigned a number from one to six. Then they are randomly assigned to the experimental (A) and control (B) groups using a random number table from one to six, followed by a block based on the number chosen. The participants are those who are blind.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: No psychotherapy has been received. The absence of diagnosed mental disorders, including depression, anxiety in recent weeks. Exclusion criteria: Have symptoms of post traumatic stress disorder and postpartum depression.

##### Intervention groups

The intervention group consisted of delivery mothers who expressed their experiences and feelings of childbirth in the group. The control group consisted of delivery mothers who talked about daily life events or about daily baby care experiences.

##### Main outcome variables

Eradication of unpleasant childbirth memories; Attitude towards normal childbirth; Change in the method of delivery in postpartum; Change in postpartum

depression; Change in symptoms of perinatal traumatic stress disorder.

#### General information

##### Reason for update

Enter the start and end dates of sampling

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190610043859N1**

Registration date: **2019-08-12, 1398/05/21**

Registration timing: **registered\_while\_recruiting**

Last update: **2021-12-18, 1400/09/27**

Update count: **1**

##### Registration date

2019-08-12, 1398/05/21

##### Registrant information

###### Name

Azam Mohammadi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 5722 3028

###### Email address

azammohammadi96.97@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-06-26, 1398/04/05

##### Expected recruitment end date

2019-09-22, 1398/06/31

##### Actual recruitment start date

2019-05-05, 1398/02/15

**Actual recruitment end date**

2019-10-22, 1398/07/30

**Trial completion date**

2020-01-20, 1398/10/30

**Scientific title**

Study of the Effect of Deep Feeling Expression of Labor Experiences in a Virtual Pear Group on Post-Traumatic Stress Disorder Symptoms and Postpartum Depression

**Public title**

Investigating the effect of expressing deep feelings on the experiences of labor stages on post traumatic stress and postpartum depression

**Purpose**

Other

**Inclusion/Exclusion criteria****Inclusion criteria:**

A tendency to participate in the study Have access to the Internet and use social media Term pregnancy, natural vaginal delivery and lead to the birth of a newborn baby. Be able to converse and write in Persian Have at least fifth grade elementary education (full read and write mastery) Psychotherapy has not been received The absence of diagnosed mental disorders, including depression, anxiety in recent weeks Earn less than 12 points in the Edinburgh Depression Inventory Gain less than 19 points in Perinatal Post Traumatic Stress Disorder Questionnaire

**Exclusion criteria:**

Baby death Stressful events like loss of a family member Baby admission Maternal admission in postpartum period Cancellation of the continuation of the study Lack of activity in social media group for 2 consecutive days

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **170**

Actual sample size reached: **154**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The researcher will begin sampling by making available accessible (easy) sampling by referring to the obstetrics and gynecology department of Shahid Rahimi hospital in Birjand. . Then, the research units were divided into two groups of intervention and control, using four-dimensional permutation blocks. First, 6 possible blocks are listed (AABB, ABAB, BBAA, BABA, ABBA, BAAB) and each block is assigned a number from one to six. Then they are randomly assigned to the experimental (A) and control (B) groups using a random number table from one to six, followed by a block based on the number chosen. This will continue until the sample size is complete.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Participants were kept blind and did not know the two groups of intervention and control.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

The aim of this study was to determine the effect of expressing deep feelings on the experiences of delivery stages in the counterpart group on post traumatic stress and postpartum depression symptoms. It is important to note that the reduction of post traumatic stress disorder following a natural birth can be an attempt to eliminate unpleasant memories of childbirth that may have been created for any reason. Since previous studies have shown that one of the important factors in cesarean delivery after a traumatic natural delivery is the fear of giving birth due to the unpleasant memories of the previous delivery, the researchers hope that the use of intervention will influence the expression of deep feelings from the experiences of the stages of labor in the group Virtual counterparts to post-traumatic stress and postpartum depression can help women by eliminating inconvenient memories of childbirth, which will continue their normal delivery in the normal way, and can reduce the number of cesarean sections.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee in Gonabad University of Medical Sciences

**Street address**

Asian Roads of Gonabad University of Medical Sciences

**City**

Gonabad

**Province**

Razavi Khorasan

**Postal code**

9691793718

**Approval date**

2019-03-17, 1397/12/26

**Ethics committee reference number**

IR.GMU.REC.1397.133

**Health conditions studied****1****Description of health condition studied**

Post-Traumatic Stress Disorder Symptoms and

Postpartum Depression  
**ICD-10 code**  
**ICD-10 code description**

## Primary outcomes

### 1

#### **Description**

Depression Score

#### **Timepoint**

Before entering the study and study completion, and three months after delivery

#### **Method of measurement**

Postpartum Depression Inventory of Edinburgh

### 2

#### **Description**

Perinatal Traumatic Stomach Disorder Score

#### **Timepoint**

Before entering the study and study completion, and three months after delivery

#### **Method of measurement**

Prenatal Post Traumatic Stress Disorder Questionnaire (PPQ)

## Secondary outcomes

empty

## Intervention groups

### 1

#### **Description**

Intervention group: This group will be asked to identify the deepest thoughts and feelings they experienced during their stay in labor and delivery during the two weeks and twice a day (for example, hospitalization, family relationships). , Other Patients, Birth Experiences, Child Delivery) and what they are currently feeling about these events.

#### **Category**

N/A

### 2

#### **Description**

Control group: The control group will be asked to share information on daily life events or daily baby care experiences for two weeks in the virtual telegram messaging group.

#### **Category**

N/A

## Recruitment centers

### 1

#### **Recruitment center**

**Name of recruitment center**

Shahid Dr. Rahimi Hospital  
**Full name of responsible person**  
Mehrnegar Amirshahi  
**Street address**  
Shahid Tahmasebi Shahid Rahimi Hospital  
**City**  
Birjand  
**Province**  
South Khorasan  
**Postal code**  
9717613112  
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+98 56 3243 5012  
**Email**  
rahimi.hos@tamin.ir

## Sponsors / Funding sources

### 1

#### **Sponsor**

##### **Name of organization / entity**

Gonabad University of Medical Sciences

##### **Full name of responsible person**

Dr. Shahla Khosrowan

##### **Street address**

Asian Roads of Gonabad University of Medical Sciences

##### **City**

Gonabad

##### **Province**

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##### **Phone**

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##### **Email**

info@gmu.ac.ir

#### **Grant name**

#### **Grant code / Reference number**

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

No

#### **Title of funding source**

Gonabad University of Medical Sciences

#### **Proportion provided by this source**

10

#### **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**

Dr Narjes Bahri

**Position**

Instructor and faculty member

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Midwifery

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bahribn901@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Gonabad University of Medical Sciences

**Full name of responsible person**

Azam Mohammadi

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

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**Person responsible for updating data****Contact****Name of organization / entity**

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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**

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**

No - There is not 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