Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Azam Mohammadi
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

2019-06-26, 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
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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

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Shahid Tahmasebi Shahid Rahimi Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr. Shahla Khosrowan

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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
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Instructor and faculty member
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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