

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the Effect of prenatal care education on spouses of primiparous women, in face-to-face and social network based on Pregnancy Experience and Fear of Child Birth

Protocol summary

Study aim

Comparison of the Effect of prenatal care education on spouses of primiparous women, in face-to-face and social network based on Pregnancy Experience and Fear of Child Birth

Design

Semi experimental study , with two parallel groups design of 76 patients

Settings and conduct

This study will be conducted in the perinatal clinic of the Milad Hospital. Educational content at the first session of nutrition during pregnancy (weeks 24-28), second session of fetal growth and development and mental health and preparation for motherhood and fatherhood (parental role) (weeks 28-30), third session of the benefits and disadvantages of normal delivery, cesarean section, analgesics and pain relief Childbirth, delivery method selection, delivery planning (weeks 33-32), fourth session of baby care and neonatal symptoms (Week 37). In the first intervention group, the spouses of primiparous women, receive educational content through the telegram software, in four sessions. The educational content is according to country standard instructions. In addition, sending messages in form of text, image, podcast and video cast, in the MPEG-4 format. The maximum of films time was 10-15 minute. To prevent from being uploaded, as well as reduction in educational quality, the content of each session in divided sections in that session and specific time will be sent every day. In the second intervention group, the spouses of primiparous women, receive educational content through face to face, in four sessions.

Participants/Inclusion and exclusion criteria

Nulliparous women eligible to receive common perinatal cares

Intervention groups

In this study, participants will assign to one of tow

groups: intervention group 1 (education based on social networking (on Telegram)), intervention group 2 (face to face childbirth preparation classes) .

Main outcome variables

Pregnancy experience; Delivery expectancy/experience;

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180427039436N4**

Registration date: **2019-07-14, 1398/04/23**

Registration timing: **prospective**

Last update: **2019-07-14, 1398/04/23**

Update count: **0**

Registration date

2019-07-14, 1398/04/23

Registrant information

Name

Leila Amiri Farahani

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 21 4365 1139

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-06, 1398/05/15

Expected recruitment end date

2020-02-04, 1398/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of prenatal care education on spouses of primiparous women, in face-to-face and social network based on Pregnancy Experience and Fear of Child Birth

Public title

prenatal care education on spouses of primiparous women

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Inclusion Criteria for mothers: Iranian nationality Women aged 35-18 primiparous women with gestational age of 20 weeks being literate for reading and writing singleton pregnancy and low risk pregnancy No history of infertility Participate in childbirth preparation classes Not having a history of any physical, psychological disease, addiction to cigarettes, alcohol and psychotropic substances according to self report. Inclusion Criteria for fathers: First experience of fatherhood At least 18 years old Iranian nationality Having a common home and living with a spouse being literate for reading and writing Having a mobile phone or a computer with the ability to install the telegram application until the end of the study Not having a history of any physical, psychological disease, addiction to cigarettes, alcohol and psychotropic substances according to self report. No bad event since three months before the intervention

Exclusion criteria:

Being absent more than two sessions of childbirth classes Leave the group Not responding to messages sent by the researcher for at least one week during the study Indication of high risk pregnancy during study Preterm labor

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Randomization (investigator's opinion)

N/A

Randomization description**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**

Ethics Committee Of Iran University of Medical Sciences

Street address

Hemat Highway next to Milad Tower, Tehran

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2019-06-10, 1398/03/20

Ethics committee reference number

IR.IUMS.REC.1398.325

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

Virtual education and face to face education of prenatal care

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

pregnancy experience

Timepoint

Before intervention at 20 weeks gestational and 36-38 weeks of gestational age

Method of measurement

Brief version of pregnancy experience scale

2**Description**

delivery expectancy/experience questionnaire

Timepoint

Before intervention at 20 weeks gestational and 36-38 weeks of gestational age

Method of measurement

Wijma delivery expectancy/experience questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Education based on social networking (on Telegram): The educational content is according to country standard instructions. In addition, sending messages based on Mayer's multimedia in form of text, image, podcast, video cast, in the MPEG-4 format. The maximum of films time will be 10-15 minute.

Category

Other

2

Description

Face to face learning group: In this group, the spouses of primiparous women, receive educational content through face to face, in four sessions. Educational content at the first session of nutrition during pregnancy (weeks 24-28), second session of fetal growth and development and mental health and preparation for motherhood and fatherhood (parental role) (weeks 28-30), third session of the benefits and disadvantages of normal delivery, cesarean section, analgesics and pain relief Childbirth, delivery method selection, delivery planning (weeks 33-32), fourth session of baby care and neonatal symptoms (Week 37).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Milad Hospital

Full name of responsible person

Zari Dolatabadi Takabi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Zari Dolatabadi Takabi

Position

Student

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

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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