

# 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)

##### Phone

+98 21 4365 1139

##### Email address

l.amirifarahani@gmail.com

##### 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

##### Street address

Shahid Hemmat Highway, District 2

##### City

Tehran

##### Province

Tehran

##### Postal code

881/14665

##### Phone

+98 21 84090

##### Fax

+98 21 8806 2005

##### Email

info@miladhospital.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Iran University of Medical Sciences

##### Full name of responsible person

Kazem Malakouti

##### Street address

Shahid Hemmat Highway, District 2

##### City

Tehran

##### Province

Tehran

##### Postal code

1449614535

##### Phone

+98 21 6650 9024

##### Fax

+98 21 8805 2248

##### Email

malakoutik@yahoo.com

#### 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

Midwifery

##### Street address

Rashid Yasemi St

##### City

Tehran

##### Province

Tehran

##### Postal code

1996713883

**Phone**

+98 21 4365 1000

**Email**

DOLATABADI.Z@IUMS.AC.IR

**Person responsible for scientific 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**

Midwifery

**Street address**

Rashid Yasemi St

**City**

Tehran

**Province**

Tehran

**Postal code**

1996713883

**Phone**

+98 21 4365 1000

**Email**

DOLATABADI.Z@IUMS.AC.IR

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Leila Amiri Farahani

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Reproductive Health

**Street address**

Rashid Yasemi St

**City**

Tehran

**Province**

Tehran

**Postal code**

1996713883

**Phone**

+98 21 4365 1139

**Email**

l.amirifarahani@gmail.com

**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