

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

The effectiveness of the prevention program obsessive - compulsive symptoms (OCS) on the emergence of these symptoms after childbirth.

Protocol summary

Study aim

effect of premarital program on reducing ocd symptoms after childbirth

Design

Clinical trials with control groups, with parallel groups, two blind, randomised

Settings and conduct

After the groups become clear, eight training sessions for pregnant mothers at Avicenna " s psychiatric hospital or the centre of health are being established. The participants did not know the contents of the training programme. Before and after the training, the assessment is followed up to eight weeks after the birth.

Participants/Inclusion and exclusion criteria

Pregnant women ages 20 to 35, the first pregnancy and have no miscarriage and infertility.

Intervention groups

intervention group: 8 sessions training of CBT prevention
OCS control group:8 sessions of education of child developmental stage

Main outcome variables

severity of symptoms , depression and obsessive beliefs

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180910040985N1**

Registration date: **2019-10-23, 1398/08/01**

Registration timing: **prospective**

Last update: **2019-10-23, 1398/08/01**

Update count: **0**

Registration date

2019-10-23, 1398/08/01

Registrant information

Name

Fatemeh Fatemifar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3841 2691

Email address

fatemifar5@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-11-06, 1398/08/15

Expected recruitment end date

2019-12-22, 1398/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of the prevention program obsessive - compulsive symptoms (OCS) on the emergence of these symptoms after childbirth.

Public title

Training OCD prevention program

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

age between 20 to 35 gestation period before 12 weeks (first quarter) first pregnancy No history of abortion or infertility natural pregnancy No history of special physical illness they don't take special medication higher scores 139 in obsessive beliefs questionnaire(QBO) No clinical diagnosis OCD

Exclusion criteria:
having Specific medical conditions

Age
From **20 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
The random sampling method with the variable block size, which is a multiple of 2, will be used. The size will be at least 4 for the non - predictability of individuals to be allocated to groups.

Blinding (investigator's opinion)
Double blinded

Blinding description
participants do not know the difference in educational content of the two groups . Raters don 't know what group they are in.

Placebo
Not used

Assignment
Parallel

Other design features
It is the first time that the intervention is done with the aim of determining the symptoms after delivery .

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Mashhad University of Medical Sciences

Street address
St Daneshghah-Daneshghah 18

City
Mashhad

Province
Razavi Khorasan

Postal code
9195893134

Approval date
2019-05-21, 1398/02/31

Ethics committee reference number
IR.MUMS.MEDICAL.REC.1398.306

Health conditions studied

1

Description of health condition studied
Obsessive compulsive disorder

ICD-10 code
F42

ICD-10 code description
Obsessive-compulsive disorder

Primary outcomes

1

Description
The intensity of the obsessive, depression, and obsessive - compulsive beliefs

Timepoint
before and after the end of training the week and eight weeks after childbirth.

Method of measurement
Comparison of the scores of questionnaires.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Training obsessive compulsive symptoms prevention program

Category
Prevention

2

Description
Control group: Education of children's developmental characteristics from birth to 5 years old

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center of City Mashhad

Full name of responsible person
Fatemeh Fatemifar

Street address
Blv hor ameli- ebn sina Hospital

City
Mashhad

Province
Razavi Khorasan

Postal code

9195983134

Phone

+98 51 3711 2540

Email

Fatemifar5@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Psychiatry and Behavioral sciences Research Center

Street address

blv hor ameli- ebn sina Hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9195983134

Phone

+98 51 3711 2540

Email

pbsrc@mums.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Fatemeh Fatemifar

Position

پژوهشگر

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

blv hor ameli- ebn sina hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9195983134

Phone

+98 51 3711 2540

Email

fatemifar5@mums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohammad reza fayyazi bordbar

Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Psychiatrics

Street address

Blvd hor ameli- ebn sina hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9195983134

Phone

+98 51 3711 2540

Email

fayyazimr@mums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

fatemeh fatemifar

Position

researcher

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Blvd hor ameli- ebn sina hospital

City

Mashhad

Province

Razavi Khorasan

Postal code

9195983134

Phone

+98 51 3711 2540

Email

fatemifar5@mums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The full statistical report will be published in detail on the data of the questionnaires in the paper.

When the data will become available and for how long

from 2020

To whom data/document is available

The data report will be published in the article.

Under which criteria data/document could be used

The data report will be published in the article.

From where data/document is obtainable

The data report will be published in the article.

What processes are involved for a request to access data/document

The data report will be published in the article.

Comments

The data report will be published in the article.