

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The effect of mindfulness based eating counseling on weight gain during pregnancy in overweight pregnant women

Protocol summary

Study aim

Determine The effect of mindfulness based eating counseling on weight gain during pregnancy in overweight pregnant women

Design

A randomized controlled trial, randomized block design with block size 4, Sample size was 94 persons.

Settings and conduct

The sampling point is the health centers of east of Ahvaz. Women who are between 12 and 20 weeks pregnant with BMI between 25 and 34.9 are invited by telephone to participate in the study. a briefing is to be held and After obtaining written consent and ensuring confidentiality of information, The Mundful Eating Questionnaire is completed by people who have the criteria for entering the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria:1- being pregnant 2- before or early pregnancy BMI between 25 and 34.9 3- pregnancy age between 12 and 20 weeks 4- single pregnancy 5- get an average score of less than 3 out of 5 on the mindful eating questionnaire 6- willingness to participate in the study 7- reading and writing skills Exclusion criteria: 1- the mother has chronic illnesses and medical conditions requiring medical interventions 2- high risk pregnancy (preeclampsia, gestational diabetes, placenta previa and twin pregnancy) 3- A mother's history of depression 4- Addiction to drugs such as psychotropic and stimulants, alcohol, cigarettes and tobacco 5- Have regular exercise programs to lose weight

Intervention groups

Both intervention and control groups will receive dietary advice and routine recommendations used in health centers for overweight pregnant women and intervention group participants, in addition to that, 6 sessions of mindful eating group counseling will be held once a week for two hours.

Main outcome variables

Weight gain during pregnancy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191018045147N1**

Registration date: **2020-01-19, 1398/10/29**

Registration timing: **prospective**

Last update: **2020-01-19, 1398/10/29**

Update count: **0**

Registration date

2020-01-19, 1398/10/29

Registrant information

Name

Elnaz Beiranvand

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-22, 1398/11/02

Expected recruitment end date

2020-06-18, 1399/03/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

2

Eating Questionnaire will be performed before the intervention, after the intervention, one month later, and two months after the intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

East Health Center of Ahvaz

Full name of responsible person

Ahmed Meshkurnia

Street address

In front of Haft Tir Park, Shahid Rastegari St,
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

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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

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Nahid Javadifar

Position

Assistant Professor

Latest degree

Ph.D.

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

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available