

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Effect of educational intervention on nutritional behavior of pregnant women referring to health centers

Protocol summary

Study aim

The effect of educational intervention on nutritional behavior of pregnant women referred to health centers in Qazvin

Design

62 pregnant women who referred to Qazvin Health Centers for prenatal care in 1396 They were selected by stratified-cluster sampling. The city of Qazvin was divided into four regions: North, South, East and West, and two centers were randomly selected after each zone, again for the experimental group and the control group.

Settings and conduct

62 pregnant women who referred to Qazvin Health Centers for prenatal care in 1396

Participants/Inclusion and exclusion criteria

Gestational age 18-24 weeks, literacy, Persian and fluent in Persian ,no history Abortion,no history placenta previa and no history multi-

Intervention groups

Nutrition training classes were held in two 45-minute sessions of 8 weeks per week. Educational content (according to the standard protocol of the Ministry of Health) presented through lecture, Q&A and presentation of food pyramid posters. After 6 weeks of training, the post-test questionnaire (nutritional behavior) was completed by the researcher again.

Main outcome variables

Nutritional behavior includes: energy intake - carbohydrate intake, vegetables and fruits and fats

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200116046152N1**

Registration date: **2020-01-22, 1398/11/02**

Registration timing: **registered_while_recruiting**

Last update: **2020-01-22, 1398/11/02**

Update count: **0**

Registration date

2020-01-22, 1398/11/02

Registrant information

Name

fatemeh veisi hampa

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 5582 8155

Email address

veisi2012@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-22, 1398/10/01

Expected recruitment end date

2020-08-22, 1399/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of educational intervention on nutritional behavior of pregnant women referring to health centers

Public title

Effect of educational intervention on nutritional behavior of pregnant women

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Gestational age 18-24 weeks Literacy iranian people No history or known disease No history Abortion No history Placenta previa No history Multiple

Exclusion criteria:

Abortion Placenta previa Preeclampsia diabetes

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

More than 1 sample in each individual

Number of samples in each individual: **62**

The participant's anfer is an example.

Randomization (investigator's opinion)

Randomized

Randomization description

The statistical software was randomized and the subjects were randomly assigned and numbered by cluster software.

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

qazvin university of medical sciences

Street address

shahid bahonar.str.qazvin university of medical sciences

City

qazvin

Province

Qazvin

Postal code

15315-34199

Approval date

2019-09-17, 1398/06/26

Ethics committee reference number

IR.QUMS.REC.1398.066

Health conditions studied

1

Description of health condition studied

nutrition deficiency

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Energy and Carbohydrate, Protein and Fat - Knowledge - Performance

Timepoint

Before and after intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

cholesterol-sfa-mufa-pufa-calcium-iron- Magnesium- Caffeine

Timepoint

Before and after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: Nutrition training classes were held in two 45-minute sessions of 8 weeks per week.

Educational content (according to the standard protocol of the Ministry of Health) presented through lecture, Q&A and presentation of food pyramid posters. After 6 weeks of training, the post-test questionnaire (nutritional behavior) was completed again by the researcher.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

مراکز بهداشت درمانی قزوین

Full name of responsible person

مریم جوادی

Street address

shahid bahonar sre.qazvin university of medical science

City

qazvin

Province

Qazvin

Postal code
15315-34199
Phone
+98 28 3333 6001
Email
info@qums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
mohammad emam jome
Street address
shahidbahonar str. qazvin university of medical sciences
City
qazvin
Province
Qazvin
Postal code
15315-34199
Phone
+98 28 3333 6001
Email
info@qums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qazvin 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

2

Sponsor

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
mohammad mahdi emem jimee
Street address
shahidbahonar str. qazvin university of medical sciences
City
qazvin
Province
Qazvin

Postal code
15315-34199
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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
Qazvin University of Medical Sciences
Full name of responsible person
maryam javadi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
shahid bahonar str. qazvin university of medical sciences
City
qazvin
Province
Qazvin
Postal code
15315-34199
Phone
+98 21 3333 6001
Email
veisi2012@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Fatemeh Veisi hampa
Position
Master of science

Latest degree

Master

Other areas of specialty/work

Nutrition

Street address

No.2.dadashpoor ave. noor st. tehran

City

Tehran

Province

Tehran

Postal code

1895719991

Phone

+98 21 5582 8155

Fax**Email**

veisi2012@yahoo.com

Tehran

Province

Tehran

Postal code

1895719991

Phone

+98 21 5582 8155

Fax**Email**

veisi2012@yahoo.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

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

Person responsible for updating data**Contact****Name of organization / entity**

Qazvin University of Medical Sciences

Full name of responsible person

Fatemeh Veisi hampa

Position

Master of science

Latest degree

Master

Other areas of specialty/work

Nutrition

Street address

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City