Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

questionnare

Secondary outcomes

1

Description

cholestrol-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

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qazvin University of Medical Sciences
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Email
info@qms.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
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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
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Other areas of specialty/work
Nutrition
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Person responsible for scientific inquiries

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Latest degree
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Other areas of specialty/work
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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