

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Effect of nutrition education Program on the recommended weight gain during pregnancy in pregnant women; Application of Health Belief Model

Protocol summary

Summary

Introduction and aim: Nutrition in pregnancy has an important role in fetus and mother health and also the pregnancy outcome. One of the significant changes related to nutrition is weight gain of pregnant women as one of the influencing indicators which is measured by Body Mass Index (BMI). This study was conducted to determine nutritional education effect upon pregnancy recommended weight gain in pregnant women on the basis of health belief model (HBM) in Gonabad city. Material and methods: This is a quasi-experimental randomized and controlled study 110 pregnant women referring to Gonabad's health centers divided in to experimental group (54 ones) and control group (56 ones) participated in the study in the year of 2009. The data of two groups collected by reliable and valid questionnaires during first part of pregnancy care in pre-test stage. Then two educational session held for the experimental group. Post test was done for both groups in the last stage of pregnancy care and data analyzed by statistical tests at 95% significance level.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008124554N1**

Registration date: **2009-05-10, 1388/02/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2009-05-10, 1388/02/20

Registrant information

Name

Siamak Mohebi

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 1783 5522

Email address

smohebi@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2009-05-10, 1388/02/20

Expected recruitment end date

2010-02-09, 1388/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of nutrition education Program on the recommended weight gain during pregnancy in pregnant women; Application of Health Belief Model

Public title

Effect of education on weight gain during pregnancy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: All pregnant women referred to health centers Gonabad Exclusion criteria: History of diabetes or hypertension, Women who did not like to participate in thi study

Age

From **18 years** old to **45 years** old

Gender

Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **110**

Randomization (investigator's opinion)
Randomized

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
Gonabad University of Medical Sciences

Street address
Gonabad University of Medical Sciences

City
gonabad

Postal code

Approval date
2009-02-17, 1387/11/29

Ethics committee reference number
52

Health conditions studied

1

Description of health condition studied
Inadequate weight gain during pregnancy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Weight gain during pregnancy

Timepoint
First and last scheduled care sessions for pregnant women

Method of measurement
Data record sheet

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: receiving education intervention program based on completion of training sessions in three health centers

Category
Lifestyle

2

Description
Control group: only receiving care programs in health centers

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Health centers Gonabad

Full name of responsible person
Siamak Mohebi

Street address

City
Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
Siamak Mohebi

Street address
Gonabad University of Medical Sciences

City
Gonabad

Grant name

Grant code / Reference number

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

Title of funding source
Gonabad University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding*empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Gonabad University of Medical Sciences

Full name of responsible person

Siamak Mohebi

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Web page address**Person responsible for updating data****Contact****Sharing plan****Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty***Person responsible for scientific inquiries****Contact****Name of organization / entity**

Gonabad University of Medical Sciences

Full name of responsible person