Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of postpartum care at home on the health behavior and quality of life of low risk mothers

Protocol summary

Summary

The aim of this study was to determine the impact of postpartum care in home on health behavior, quality of life and satisfaction in low-risk mothers. This randomized intervention study was done on 200 mothers in two groups (intervention=100 and control=100). The participants were selected among mothers that refer to Akbar Abad health center for neonatal screening tests. Control group received postpartum cares in health centers and intervention group received these cares in home (in every group 2 visits on 15±2 and 45±2 days after delivery). Health behaviors (nutritional behavior, infant cares, breastfeeding, personal and sexual health, family planning, physical activity, exposing to the sun, smoking, alcohol and drugs consuming), quality of life and satisfaction of mothers were compared in two groups 2 weeks after last visit (45±2 days).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009204785N1**
Registration date: **2011-04-10, 1390/01/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-04-10, 1390/01/21

Registrant information

Name

Seyedeh Tahereh Mirmolaei

Name of organization / entity

Nursing and Midwifery Faculty - Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

00982166927171- 00982166937120

Email address

mirmolaei@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran university of medical siences

Expected recruitment start date

2010-07-06, 1389/04/15

Expected recruitment end date

2010-11-21, 1389/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of postpartum care at home on the health behavior and quality of life of low risk mothers

Public title

Postpartum care

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: First and second baby Healthy and term baby Persian language mothers Mothers resident in regions 10, 11 , 17 of Tehran Mothers and infant without any physical and mental diseases Low risk recent pregnancy Exclusion criteria: Movement without information to researcher Migration from study regions or Tehran city Divorce Hospitalization more than 72 hours (mothers and infant) Notreceived two times of mother care

Age

No age limit

Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **200**
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
Tehran university of medical siences
Street address
Ghods street, Keshavarz street
City
Tehran
Postal code
Approval date
2010-07-03, 1389/04/12
Ethics committee reference number
89.130.410

Health conditions studied

1

Description of health condition studied
Postpartum care
ICD-10 code
Z39
ICD-10 code description
Postpartum care and examination

Primary outcomes

1

Description
health behavior
Timepoint
before intervention, 2 weeks after intervention
Method of measurement
questionnaire

2

Description
quality of life
Timepoint
before intervention, 2 weeks after intervention
Method of measurement
questionnaire

3

Description
satisfaction
Timepoint
2 weeks after intervention
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention included two home visits (on 15±2 and 45±2 days after delivery) for giving postpartum care according to recent recommendations of Health Ministry protocol. These cares include assessing vital signs, infant growth and complications in mother and infant, observation and examination, and health education.
Category
Other

2

Description
Control group receivded routine post partumcare (on 15±2 and 45±2 days after delivery) in health center.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Health center of Akbarabad
Full name of responsible person
Dr. Yalda
Street address
Akbar Abad Health Center, next to the education, Sina street, Navab highway
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences and Health Services

Full name of responsible person
Deputy of research

Street address
6th floor, University Central Building, Ghods street, Keshavarz street, Tehran

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Tehran University of Medical Sciences and Health Services

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
Tehran University of Medical Sciences and Health Services

Full name of responsible person
Zeinab Tavakol

Position
M.Sc. Midwifery student

Other areas of specialty/work

Street address
301th room, 4th Golestan, Tehran University of Medical Siences dormitory, Kargar street

City
Tehran

Postal code

Phone
+98 913 188 2963

Fax

Email
tavakolz@razi.tums.ac.ir zeinab.tavakol@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences and Health Services

Full name of responsible person
Seyedeh Tahereh Mirmolaei

Position
M.Sc. of Midwifery

Other areas of specialty/work

Street address
Faculty of Nursing & Midwifery, Nosrat street, Tohid square

City
Tehran

Postal code

Phone
+98 912 224 5100

Fax

Email
mirmolaei@sina.tums.ac.irst_mirmolaei@yahoo.com

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