

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 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 sciences

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 sciences

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 received routine post partum care (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 Sciences dormitory, Kargar street

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Person responsible for scientific inquiries

Contact

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Tehran University of Medical Sciences and Health Services

Full name of responsible person

Seyedeh Tahereh Mirmolaei

Position

M.Sc. of Midwifery

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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