

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Studying the effect of Telenursing on hope and perceived self-efficacy of mothers with premature infants after discharging from neonatal intensive care unit

Protocol summary

Study aim

Determining the effect of telenursing on hope and perceived self-efficacy of mothers with premature infants after discharging from neonatal intensive care unit of Mahdiah Hospital in 1399

Design

Clinical trial with control and intervention groups as parallel, not blind, non-random assignment to intervention and control groups, 70 samples

Settings and conduct

This study is performed on mothers with premature infants discharged from the NICU of Mahdiah Hospital. The titles of messages will be prepared as follows:
Experts medical advice if needed
Screening and vaccination
Giving medicine
Routine evaluation of the baby
Nutrition and nutrition tolerance
Excretion of feces and urine
Skin and eye care
Baby clothes
Bathing of the baby
Wrap the baby to move

Participants/Inclusion and exclusion criteria

Inclusion criteria: Mothers with premature infants without problems and illnesses, without stressful incidents, biological father, access to Instagram, literate, Iranian citizenship
exclusion criteria: The baby has a genetic disorder

Intervention groups

After obtaining informed consent, the intervention group will enter the researcher's Instagram account to receive educational files via mobile. In this way, once a day for 4 weeks, the message will be placed in the form of an educational package and in the form of text or photo on Instagram by the researcher. Control group will have a routine treatment and follow-up (clinic visit) which is the usual care of the hospital and is provided by the nurses. The researcher has no role in providing them and will not undergo any intervention during 4 weeks; but for completing the research tools will be entered to researcher's Instagram account.

Main outcome variables

Hope score in the "Scale of expectancy of mothers of premature infants admitted to the intensive care unit"
self-efficacy score in the "Perceived self-efficacy questionnaire of maternal parenting"

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161024030474N5**
Registration date: **2021-06-21, 1400/03/31**
Registration timing: **retrospective**

Last update: **2021-06-21, 1400/03/31**

Update count: **0**

Registration date

2021-06-21, 1400/03/31

Registrant information

Name

Azam Shirinabadi Farahani

Name of organization / entity

School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21886553668

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-20, 1399/11/01

Expected recruitment end date

2021-03-19, 1399/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Studying the effect of Telenursing on hope and perceived self-efficacy of mothers with premature infants after discharging from neonatal intensive care unit

Public title

Studying the effect of Telenursing on hope and perceived self-efficacy of mothers with premature infants after discharging from neonatal intensive care unit

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Mothers whose infants were born prematurely (before 37 weeks of gestation) and they are going to be discharged from the neonatal intensive care unit
Mothers whose infant has no problems or illnesses other than prematurity
Mothers who have not had any stressful event in the last six months
The infant's father is biological
According to them, they do not have any psychiatric disorders.
Be literate
Have access to the Internet and the Instagram social network.
Have Iranian citizenship
Not be part of the treatment staff
Not to have any other previous hospitalized premature infants in neonatal intensive care unit

Exclusion criteria:

The infant has a genetical disorder

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 70

Randomization (investigator's opinion)

Not 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**

Ethics Committee in Research Schools of Pharmacy, Nursing and Midwifery - Shahid Beheshti University

Street address

Vali Asr Ave., Niayesh Cross Road, Niayesh Complex

City

Tehran

Province

Tehran

Postal code

1985717443

Approval date

2020-11-01, 1399/08/11

Ethics committee reference number

IR.SBMU.PHARMACY.REC.1399.244

Health conditions studied**1****Description of health condition studied**

Premature infant

ICD-10 code

P07.3

ICD-10 code description

Preterm [premature] newborn [other]

Primary outcomes**1****Description**

Mothers' Hope

Timepoint

The last day of the baby's stay in the hospital - immediately after the intervention - 4 weeks after the intervention

Method of measurement

Hope Scale of Mothers of Premature Neonates Admitted to the Intensive Care Unit

2**Description**

Perceived Parenting Self-efficacy

Timepoint

The last day of the baby's stay in the hospital - immediately after the intervention - 4 weeks after the intervention

Method of measurement

Perceived Parenting Self-efficacy Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

After obtaining informed consent, the intervention group will enter the researcher's Instagram account to receive educational files via mobile. In this way, once a day for 4 weeks, the message will be placed in the form of an educational package, text or photo, by the researcher on Instagram account. If the Instagram social network is filtered, the message will be sent to mothers through an internal messenger such as Soroush Messenger. In addition to subscribing to the Instagram account, mothers will be able to communicate individually with the researcher and ask questions and receive answers by sending a message on the Instagram social network. The researcher will spend the first 10 minutes of each session for reviewing the educational content of the previous session and following up on the fact that mothers have followed the educational content, understood and implemented them. The headings of these messages are prepared as follows and based on valid scientific sources, including instructions for caring of premature infants of the Neonatal Health Department of the Ministry of Health and Medical Education, books and scientific sites, and the validity of the educational package will be approved by experts: Post-discharge follow up, medical advice as needed, screening tests and vaccination, medication, routine neonatal evaluation, feeding and feeding tolerance, defecation and urination, umbilical cord care, skin and eye care, clothing infant, infant bathing, infant wrapping to move, circumcision instructions, emotional communication between infant and parents.

Category

Behavior

2

Description

In the control group, they will have routine treatment and follow-up, referring to clinics for checking, and will not undergo any intervention for 4 weeks.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mahdiye hospital

Full name of responsible person

Fares Najari

Street address

Shishe Gar khaneh Alley, Fadaian Islam Ave, Shoosh Sq, Tehran, Iran

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1185817311

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Email

mahdiyeh_hospital@sbmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Afshin Zarghi

Street address

Shahid Behesti University of Medical Sciences, next to Taleghani hospital, Yaman Street, Shahid Chamran highway.

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farahani1381@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Person responsible for general inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Azam Shirinabadi Farahani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Shahid Behesht School of Nursing and Midwifery-near
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Person responsible for scientific inquiries

Contact**Name of organization / entity**

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Full name of responsible person

Azam Shirinabadi Farahani

Position

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Person responsible for updating data

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Full name of responsible person

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Information about the main outcome (hope of mothers
with premature babies, self-efficacy of mothers with
premature babies) can be shared.

When the data will become available and for how long

Immediately after the publication of the article

To whom data/document is available

Care providers for premature infants (mothers-nurses-
Physicians)

Under which criteria data/document could be used

Just to increase mothers' hope and self-efficacy and in
the form of university projects

From where data/document is obtainable

farahani1381@sbm.ac.ir

What processes are involved for a request to access data/document

About a month

Comments