

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of neonatal health index and anxiety of active and inactive pregnant women with Covid19

Protocol summary

Study aim

Comparison of neonatal health index and anxiety of active and inactive pregnant women with Covid_19

Design

A clinical trial with two groups, non_randomized, controlled, in phases 2 and 3, on at least 50 patients, for at least 4 months.

Settings and conduct

This is done at home without contact with people. Questionnaires are filled out online to determine nutrition and socioeconomic status. Sports activities such as stretching exercises are taught online. After the baby is born, health index information is collected from the medical record.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Getting covid19, No previous abortion, Age between 18 and 35 years, No history of exercise before pregnancy, Being primiparous, Similar type of physical activity, Similar type of nutrition, Medium socioeconomic status. Exclusion criteria: Dissatisfaction of people to participate in the study, Abortion, Death of a pregnant mother

Intervention groups

The effect of exercise such as walking and stretching exercises on pregnant women with Covid19 during pregnancy on their anxiety and neonatal health index

Main outcome variables

Neonatal health index, Anxiety of active and inactive pregnant women with Covid_19

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210317050734N1**

Registration date: **2021-05-03, 1400/02/13**

Registration timing: **prospective**

Last update: **2021-05-03, 1400/02/13**

Update count: **0**

Registration date

2021-05-03, 1400/02/13

Registrant information

Name

Azam Abeshiloo

Name of organization / entity

The University of semnan

Country

Iran (Islamic Republic of)

Phone

+98 21 3372 9767

Email address

azam.abeshiloo@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-05-20, 1400/02/30

Expected recruitment end date

2021-08-23, 1400/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of neonatal health index and anxiety of active and inactive pregnant women with Covid19

Public title

Comparison of neonatal health index and anxiety of active and inactive pregnant women with Covid19

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Getting covid19, No previous abortion, Age between 18 and 35 years, No history of exercise before pregnancy, Being primiparous, Similar type of physical activity, Similar type of nutrition, Medium socio-economic status

Exclusion criteria:

Dissatisfaction of people to participate in the study, Abortion, Death of a pregnant mother

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features

Being active and inactive in pregnant women means that pregnant women with Covid_19 had or did not engage in physical activity such as stretching or walking during pregnancy and illness. One group with activity and the other group without physical activity and sports.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of semnan University of Medical sciences

Street address

No.24, Unit2, Dariush Musa Re za, Zolfaghari street, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1796813461

Approval date

2021-03-09, 1399/12/19

Ethics committee reference number

1399.344

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

Covid_19

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Covid_19

Timepoint

Before intervention and 2, 3, 4 months after the intervention

Method of measurement

Wendenberg pregnancy anxiety questionnaire, Sharki physical activity governor questionnaire, Half_feed frequency questionnaire, Background information questionnaire.

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Pregnant women with Covid_19 who are physically active during this time. The type and intensity of the exercise is taught. Such as stretching movements and muscle contraction and expansion.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Corona Hospital

Full name of responsible person

Azam Abeshiloo

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Fax**Email**

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University

Full name of responsible person

Azam Abeshiloo

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Semnan University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Other

Person responsible for general inquiries

Contact**Name of organization / entity**

Semnan University

Full name of responsible person

Azam Abeshiloo

Position

Student

Latest degree

A Level or less

Other areas of specialty/work

Motor behavior. Motor development

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Semnan University

Full name of responsible person

Azan Abeshiloo

Position

Student

Latest degree

A Level or less

Other areas of specialty/work

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Person responsible for updating data

Contact**Name of organization / entity**

Semnan University

Full name of responsible person

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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