Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Jun 2026

Evaluation of effectiveness of a education program for husbands on the promoting of social support of mothers in the postpartum period

Protocol summary

Study aim
Determining the effectiveness of a education program for husbands on the promoting of social support of mothers in the postpartum period

Design
Randomized clinical trial, with control group, single blind, with parallel group

Settings and conduct
This study will be performed on husbands of pregnant mothers referring to the 17 Shahrivar Health Center in Ahvaz. First, the researcher in the face-to-face meeting will explain the objectives of the study and the type of intervention to pregnant women 39-41weeks and their husbands. Then the samples will be randomly divided into two groups of intervention and control. After completing the questionnaire online by mothers on the 3rd day after delivery, 4 online training sessions of 45 to 90 minutes (in the form of PowerPoint, lectures and questions and answers in Whats-App software) per week will be performed for the intervention group and the control group will not receive any intervention. In this study, data analyzer blinding will be performed.

Participants/Inclusion and exclusion criteria
Informed consent to participate in the study, good psychological and mental status according to the clinician's diagnosis, having at least ability to read and write

Intervention groups
Intervention group: In this group, the husbands of primiparous women receive educational content in four online sessions of 45 to 90 minutes in Whats-App software on a weekly basis. Control group: In this group, the husbands of primiparous women receive routine care.

Main outcome variables
Social support

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160427027633N8**
Registration date: **2021-06-15, 1400/03/25**
Registration timing: **prospective**

Last update: **2021-06-15, 1400/03/25**
Update count: **0**

Registration date
2021-06-15, 1400/03/25

Registrant information

Name
Foruzan Sharifipour

Name of organization / entity
Kermanshah University of Medical Sciences

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-06-30, 1400/04/09

Expected recruitment end date
2021-08-31, 1400/06/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of effectiveness of a education program for husbands on the promoting of social support of mothers in the postpartum period

Public title
Evaluation of effectiveness of a education program on the promoting of social support of mothers

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
First pregnancy Single and term pregnancy Do not suffer from physical and mental illnesses Do not consume alcohol and tobacco Married and living together with his husband Husband's desire to participate in the study Failure to participate in similar training or counseling classes before studying No stressful events during the past month Having media literacy (acquaintance with how WhatsApp program) Acquaintance with cyberspace Having a smart phone and the possibility of accessing the WhatsApp social network Internet access Access to the participant within at least the next 8 weeks

Exclusion criteria:
Unwillingness of people Infant hospitalization Occurrence of any stressful event for couples or their first-degree family members such as death or incurable disease Moderate to severe postpartum depression

Age
No age limit

Gender
Male

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization of subjects is block randomization with blocks with size of 4. This will be done with WinPepi11.0 software. This software generates random groups. In each block, 2 subjects are from the control group and 2 subjects are from the intervention group, which is arranged randomly.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, blindness is not possible for the researcher and participant. Therefore, in this study data analyzer blindness (lack of knowledge of the subject code) will be used, so the study will be single blind.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address
Golestan Blvd

City
Ahvaz

Province
Khouzestan

Postal code
61357-15794

Approval date
2020-08-14, 1399/05/24

Ethics committee reference number
IR.AJUMS.REC.1399.401

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Social support

Timepoint
Before, after the end of the intervention period and 4 weeks later

Method of measurement
Postpartum Partner Support Scale

Secondary outcomes

1

Description
Efficacy of mother

Timepoint
Before, after the end of the intervention and 4 weeks later

Method of measurement
Postpartum Parental Expectations Survey

Intervention groups

1

Description

Intervention group: The educational content developed for the intervention group will be implemented after completing the questionnaire online by mothers on the 3rd day after delivery. The intervention will be as follows, first in the WhatsApp program, based on the sample size, several groups of 7 to 10 people will be formed to perform the education, then education program will be held in the form of 4 online sessions of 45 to 90 minutes in this software and in the form of PowerPoint, lectures and questions and answers in WhatsApp software and weekly (one session per week) by the researcher. If the members want, they will ask their questions and problems in the group, and if they do not want, they will solve these issues individually (private chat) with the consultant (assistant researcher). Meeting time will be held by agreement of the participants. Educational content at the first session of the importance of maternal health in the postpartum period and anatomical, physiological changes in the postpartum period (first week after delivery), second session of the effect of these changes on the mother's mental status, the importance of social support from the mother in the postpartum period and maternal care (second week after delivery), third session of the baby care and principles of breastfeeding and how to deal with its challenges (third week after delivery), fourth session of the role of the father in the postpartum period and his supportive role in helping mothers to adapt to change (fourth week after delivery). At the end of the intervention period and 4 weeks after that (in the fourth and eighth week after delivery), the questionnaire will be completed again online by mothers.

Category

Other

2

Description

Control group: For this group no intervention will perform and they will receive routine care. The questionnaire will be completed online by mothers in the 3rd day and fourth and eighth week after delivery.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

17 Shahrivar Health Center

Full name of responsible person

Foruzan Sharifipour

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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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

Ahvaz University of Medical Sciences

Proportion provided by this source

70

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

Ahvaz University of Medical Sciences

Full name of responsible person

Foruzan Sharifipour

Position

Ph.D. student of midwifery

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for updating data

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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