Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Jun 2026

Designing and evaluation of an educational package to provide of adequate iodine status during pregnancy

Protocol summary

Summary

The purpose of the present study is to design and evaluate the effectiveness of an educational program regarding iodine intake and iodized salt on knowledge, attitude and practice levels and the iodine nutrition status of pregnant women. This survey is a semi experimental study (intervention-control) and single blind. 100 pregnant women, residents of southern Tehran, being the first trimester of pregnancy, referred to five health care centers will randomly select. Inclusion criteria will be pregnant women in the first trimester, without thyroid diseases and high blood pressure and willing to cooperate. Exclusion criteria will be having any thyroid diseases and hypertension during pregnancy and unwilling to cooperate. demographic characteristic and knowledge, attitude and practice status regarding the importance of iodine and iodized salt consumption will examine via two questionnaire and their iodine status will determine using urinary iodine concentration (UIC) and iodine content of salt in two steps at a distance of four months. intervention group will be received the education based on designed educational program in the second and third trimester.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201602035440N5**
Registration date: **2016-02-28, 1394/12/09**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-02-28, 1394/12/09

Registrant information

Name

Parisa Amiri

Name of organization / entity

Obesity research center

Country

Iran (Islamic Republic of)

Phone

+98 21 2240 9309

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Recruitment status

Recruitment complete

Funding source

Research institute for endocrine sciences Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and evaluation of an educational package to provide of adequate iodine status during pregnancy

Public title

consumption of iodine during pregnancy

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being the first trimester of pregnancy, without thyroid diseases and high blood pressure, willing to cooperate. Exclusion criteria: having any thyroid diseases and hypertension during pregnancy and unwilling to cooperate.

Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Participants will randomly allocated into the intervention or control groups (n = 50 each), using a random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shahid Beheshti University of Medical Sciences
Street address
7th Floor , 2nd SBUMS Bldg. , Aarabi St., Yaman St., Next to Ayatollah Taleghani Hospital,Tehran, Iran.
City
Tehran
Postal code
198396-3113
Approval date
2014-06-10, 1393/03/20
Ethics committee reference number
715

Health conditions studied

1

Description of health condition studied
Iodine status
ICD-10 code
-
ICD-10 code description

Primary outcomes

1

Description
knowledge
Timepoint
before intervention and 4 months later
Method of measurement
questionnaire

2

Description
attitude
Timepoint
before intervention and 4 months later
Method of measurement
questionnaire

3

Description
practice
Timepoint
before intervention and 4 months later
Method of measurement
questionnaire

4

Description
urinary iodine concentration
Timepoint
before intervention and 4 months later
Method of measurement
acid digestion

5

Description
content of salt iodine
Timepoint
before intervention and 4 months later
Method of measurement
iodometric titration

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: the educational program will last four months, and included two face to face educational sessions using a researcher-designed educational pamphlet in the second and the third trimesters; in addition, 2 follows-up by telephone calls will make between educational sessions. urinary iodine concentration (UIC) and salt iodine content will gather at

baseline and 4 months after the intervention.

Category

Behavior

2

Description

control group: will receive the education usually via health workers provided in health care centers. urinary iodine concentration (UIC) and salt iodine content will gather at baseline and 4 months after the intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mohammad Bagher health care center

Full name of responsible person

Najmeh Hamzavi Zarghani

Street address

City

Tehran

2

Recruitment center

Name of recruitment center

Emam Sadegh health care center

Full name of responsible person

Najmeh Hamzavi Zarghani

Street address

City

Tehran

3

Recruitment center

Name of recruitment center

Dadvash health care center

Full name of responsible person

Najmeh Hamzavi Zarghani

Street address

City

Tehran

4

Recruitment center

Name of recruitment center

Ayat health care center

Full name of responsible person

Najmeh Hamzavi Zarghani

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research institute for endocrine sciences

Full name of responsible person

Professor Fereidoun Azizi

Street address

Aarabi St., Yaman st., Shahid Chamran Highway, Tehran, Iran,

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Research institute for endocrine sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Research institute for endocrine sciences, Shahid Beheshti University

Full name of responsible person

Fereidoun Azizi Professor

Street address

Aarabi st., Yaman St., Shahid Chamran Highway, Tehran, Iran,

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Research institute for endocrine sciences, Shahid Beheshti University

Proportion provided by this source

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
Research Center for Social Determinants of Endocrine Health & Obesity Research Center, Research Inst
Full name of responsible person
Parisa Amiri
Position
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Person responsible for scientific inquiries

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Person responsible for updating data

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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