

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effect of infant care training and sharing the experiences of peer groups on infants' growth status, breastfeeding self-efficacy and quality of life of mothers

Protocol summary

Study aim

Determining the effect of infant care training program and sharing the experiences of peer group based on cyberspace on the growth rate of infant anthropometric indices, breastfeeding self-efficacy and quality of life of mothers

Design

A randomized clinical trial is performed on 114 mothers and the information is completed and collected in two groups of control and test during two stages of pre-test-post-test

Settings and conduct

After obtaining the necessary permits for sampling, the researcher will refer to the health centers in Yazd with these permits and after explaining the work process to the officials and employees of these centers with the aim of attracting their participation and cooperation, will start the sampling process.

Participants/Inclusion and exclusion criteria

Inclusion criteria: the mother's willingness to participate in the study, nulliparous mothers, having a minimum literacy, having an infant under two years old, the child's physical health and no underlying disease, access to mobile phones or other tools to attend Cyberspace, and the ability to use cyberspace. Exclusion criteria: a history of maternal anxiety and depression disorders, use of anti-anxiety and anti-depressant medications

Intervention groups

Intervention group: two-month training program in the form of sending training packages related to breastfeeding, growth and development, vaccination, health and nutrition and other care of children under two years old, along with sharing mothers' experiences. Control group: receiving routine services.

Main outcome variables

Breastfeeding self-efficacy, quality of life, Anthropometric indices

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210913052457N1**

Registration date: **2021-10-09, 1400/07/17**

Registration timing: **prospective**

Last update: **2021-10-09, 1400/07/17**

Update count: **0**

Registration date

2021-10-09, 1400/07/17

Registrant information

Name

forogh okhovat ghahfarokhi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3338 2219

Email address

f.okhovat@iaushk.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-22, 1400/07/30

Expected recruitment end date

2021-12-21, 1400/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of infant care training and sharing the experiences of peer groups on infants' growth status, breastfeeding self-efficacy and quality of life of mothers

Public title

The effect of infant care training and sharing the experiences of peer groups on infants' growth status, breastfeeding self-efficacy and quality of life of mothers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The desire to participate in the study Primiparous mothers having a minimum literacy having a baby under two years old the child's physical health and no underlying disease, access to mobile phones or other tools to be present in cyberspace the ability to use social media

Exclusion criteria:

A history of mothers' anxiety disorders Taking anti-anxiety and anti-depressant medications

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **114**

Randomization (investigator's opinion)

Randomized

Randomization description

Using the lottery method, mothers who will enter the study be asked to choose a card. These cards will be in the envelope, with the words control or test on them. Thus, based on the mother's choice, she will be placed in the control or intervention group.

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

Faculty of Health - Shahid Sadoughi University of Medical Sciences, Yazd (Research Ethics Committee)

Street address

Alam Square, Anonymous Martyrs Boulevard, Medical Sciences Campus, Faculty of Health

City

Yazd

Province

Yazd

Postal code

891517316

Approval date

2021-10-02, 1400/07/10

Ethics committee reference number

IR.SSU.SPH.REC.1400.096

Health conditions studied

1

Description of health condition studied

self-efficacy of breastfeeding mothers

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of life score in the quality of life questionnaire 36 questions in two groups of control and intervention

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

36-Question Quality of Life Questionnaire

2

Description

Breastfeeding self-efficacy score in the Dennis Breastfeeding Self-efficacy Questionnaire In two groups of control and intervention

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

Dennis Breastfeeding Self-efficacy Questionnaire

Secondary outcomes

1

Description

Anthropometric indices of infants in control and intervention groups

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

Meters and scales

Intervention groups

1

Description

Intervention group: Intervention group: All mothers in the experimental group become members of the WhatsApp virtual group, which is managed by researcher with a master's degree in pediatric nursing, PhD in health education. In addition, other members of this group in cyberspace are a midwife and a family doctor in order to answer mothers' specialized questions. Therefore, mothers will have quick access to the nurse, doctor and midwife regarding their questions. In this group, two days a week for two months, an educational program will be conducted by the researcher in the form of sending educational packages related to breastfeeding, growth and development, vaccination, health and nutrition and other care for children under two years old (educational content - Table 1).). These packages will be sent to mothers based on the latest references in pediatric nursing books approved by the Ministry of Health and approved by the family doctor. Two days after sending the educational materials in the group for mothers, the researcher (babysitter) will teach the necessary additional explanations about the educational content for the mothers for 40 minutes and the mothers will ask their questions, to ensure the promotion of awareness and learning. Research units are evaluated at the end of the first month of mothers by answering questions designed from the educational content taught by the researcher. In addition, mothers in this group are able to share their experiences related to the growth and development of their children over a period of three months. Share each other in cyberspace

Category

N/A

2

Description

Control group: The control group receives routine care in health centers

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Yazd city health center

Full name of responsible person

Seyed Ali Akbar Mousavi Nodoushan

Street address

Ayatollah Kashani Street next to Bahman Ghadim Hospital

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Yazd

Province

Yazd

Postal code

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Phone

+98 35 3624 8021

Fax

+98 35 3628 7198

Email

Dr.mousavi@ssu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Masoud Mirzaei

Street address

Shahid Dr. Bahonar Square, Central Organization of Shahid Sadoughi University of Medical Sciences and Health Services, Yazd, Second Floor, Vice Chancellor for Research and Technology

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Province

Yazd

Postal code

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Phone

+98 35 3726 3733

Fax

+98 35 3726 3732

Email

dvc.research@ssu.ac.ir

Web page address

<https://web.ssu.ac.ir/index.aspx?lang=1&sub=21>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd 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

Islamic Azad University

Full name of responsible person

Forogh Okhovat Ghahfarokhi

Position

Faculty Member

Latest degree

Master

Other areas of specialty/work

Nursery

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No.,18, Alley10, Khayyam2 Ave. West Mirabad

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Email

foroghokhovat92@gmail.com

Person responsible for scientific inquiries

Contact

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Full name of responsible person

Forogh Okhovat Ghahfarokhi

Position

Faculty Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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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