

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jul 2026

### The effect of prenatal education on mother's quality of life during their first year after childbirth in Iranian population: a randomized controlled trial

#### Protocol summary

##### Summary

The present study was a randomized controlled trial that carry out to determine the effect of prenatal education on mother's quality of life during their first year after childbirth in an Iranian population. Inclusion criteria were pregnant women; normal pregnant women; women with normal and health neonate. Exclusion criteria were pregnant women less than 18 years or more than 35 years; women with medical or emotional disease; women with neonatal death; women with congenital anomalies of neonate; women with neonatal weight less than 2500 gram. This study carry out on 160 pregnant women who were referred to Dezful Health Center that Eighty subjects (trial group) desired to attend in prenatal education and eighty subjects (control group) did not desire to attend in prenatal education. The antenatal education classes were in this study consisted of eight sessions daytime 90 minute to be completed over a period of 3 month for trial group. The questionnaires completed at the 24nd-28th weeks' gestation, 6-8 weeks and 1 year postpartum by two group mothers. Quality of life at 6-8 weeks, one year after childbirth and mother's quality of life domains were measured.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201101115571N2**  
Registration date: **2012-05-29, 1391/03/09**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-05-29, 1391/03/09

##### Registrant information

###### Name

Nosrat Bahrami

###### Name of organization / entity

Dezful Faculty of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 64 1626 9532

###### Email address

bahramin88@ajums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Dezful Faculty of Medical Sciences

##### Expected recruitment start date

2010-04-21, 1389/02/01

##### Expected recruitment end date

2011-03-21, 1390/01/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of prenatal education on mother's quality of life during their first year after childbirth in Iranian population: a randomized controlled trial

##### Public title

The effect of prenatal education on mother's quality of life during their first year after childbirth in Iranian population: a randomized controlled trial

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: pregnant women; normal pregnant women; women with normal and health neonate.  
Exclusion criteria: pregnant women less than 18 years or more than 35 years; women with medical or emotional disease; women with neonatal death; women with congenital anomalies of neonate; women with neonatal weight less than 2500 gram.

**Age**

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

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **160**

**Randomization (investigator's opinion)**

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**

Dezful Faculty of Medical Sciences

**Street address**

Dezful Faculty of Medical Sciences

**City**

Dezful

**Postal code****Approval date**

2008-05-11, 1387/02/22

**Ethics committee reference number**

1291

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

quality of life postpartum

**ICD-10 code**

Z39.2

**ICD-10 code description**

Routine postpartum follow-up

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

quality of life at postpartum

**Timepoint**

After intervention, 6-8 week postpartum any 1 years postpartum

**Method of measurement**

questionnaire

**Secondary outcomes**

empty

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

prenatal education in the trial group

**Category**

Lifestyle

**2****Description**

lack of prenatal education in the control group

**Category**

Lifestyle

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

Health Center ( Number One)

**Full name of responsible person**

Nosrat Bahrami

**Street address**

Enghelab Ave

**City**

Dezful

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Dezful Faculty of Medical Sciences

**Full name of responsible person**

Dr Mohsen Chegeni

**Street address**

Dezful Faculty of Medical Sciences

**City**

Dezful

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

**organization/entity?**

Yes

**Title of funding source**

Dezful Faculty of Medical Sciences

**Proportion provided by this source**

100

**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**

Dezful Faculty of Medical Sciences

**Full name of responsible person**

Nosrat Bahrami

**Position**

Msc

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**Web page address****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