

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 intervansion, 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

lake 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

Other areas of specialty/work**Street address**

Dezful Faculty of Medical Sciences

City

Dezful

Postal code**Phone**

+98 64 1626 9532

Fax**Email**

fatemeh_d_d@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Dezful Faculty of Medical Sciences

Full name of responsible person

Nosrat Bahrami

Position

Msc

Other areas of specialty/work**Street address**

Dezful Faculty of Medical Sciences

City

Dezful

Postal code

6461814719

Phone

+64 15257054

Fax**Email**

fatemeh_d_d@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Dezful Faculty of Medical Sciences

Full name of responsible person

Nosrat Bahrami

Position

Msc

Other areas of specialty/work**Street address**

Dezful Faculty of Medical Sciences

City

Dezful

Postal code

6461814719

Phone

+64 15257054

Fax**Email**

fatemeh_d_d@yahoo.com

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