

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The effect of Kangaroo Mother Care on Postpartum Blues in women referring to hedayat hospital of Tehran in 2011

Protocol summary

2011-10-13, 1390/07/21

Summary

This study was conducted to determine the effects of Kangaroo care on postpartum blues. In this study was conducted in a clinical trial ,148 pregnant women between 37-42 weeks of their gestation referring to obstetric clinic of Hedayat Hospital were selected via purposive sampling method. Inclusion criteria: 18-35 year old women with singleton and requested pregnancies; literate; no history of mental disorders and stress; no traumatic event happened to them during the past 6 months; no history of two or more miscarriages, stillbirth and infertility; no adverse pregnancy outcomes; Exclusion criteria: Birth weight below 2500 gr; mother or baby admitted in hospital; no exclusive breastfeeding; lack of skin to skin contact immediately after birth. The subjects were divided into 2 groups: intervention and control in terms of their delivery date. Intervening variables were matched in the groups. In the experimental group, Kangaroo care was provided daily at several times (or at least 1 time), each lasted 20-30 minutes for 10 days. Stin's postpartum blues questionnaire was also completed in the first, third, fifth, and tenth day after delivery in both groups. Finally, discussion and analysis was performed on 96 subjects. key words: Skin to skin contact, Postpartum Blues, Kangaroo Mother Care

Registrant information

Name

Mahbobeh Ahmadi

Name of organization / entity

Shahid Beheshti University of Medical & Health Service

Country

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Recruitment status

Recruitment complete

Funding source

International Branch of Shahid Beheshti Medical University

Expected recruitment start date

2010-08-23, 1389/06/01

Expected recruitment end date

2010-12-09, 1389/09/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Kangaroo Mother Care on Postpartum Blues in women referring to hedayat hospital of Tehran in 2011

Public title

The effect of Kangaroo Mother Care on Postpartum Blues in women referring to hedayat hospital of Tehran in 2011

Purpose

Prevention

Inclusion/Exclusion criteria

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201101265698N1**

Registration date: **2011-10-13, 1390/07/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Inclusion criteria: 18-35 year old women with singleton and requested pregnancies; Gestational age greater than 37 and less than 42 completed weeks, (the date of last menstrual period or first trimester ultrasound; literate; no history of mental disorders and stress; no traumatic event happened to them during the past 6 months; no history of two or more miscarriages, stillbirth and infertility; no adverse pregnancy outcomes; Exclusion criteria: Birth weight below 2500 gr; mother or baby admitted in hospital; no exclusive breastfeeding; lack of skin to skin contact immediately after birth.

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: **96**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

the international Branch of Shahid Beheshti University of Medical & Health Service

Street address

No 19, Shahid Abaspoor St, Next to Hemat Bridge, Valiasr Ave, Tehran, Iran

City

Tehran

Postal code

3693-14155

Approval date

2010-08-22, 1389/05/31

Ethics committee reference number

1768/116

Health conditions studied

1

Description of health condition studied

Postpartum Blues

ICD-10 code

F53.0

ICD-10 code description

Mild mental and behavioural disorders associated with the puerperium, not elsewhere classified

Primary outcomes

1

Description

Postpartum blues

Timepoint

with intervention, On the days of first, third, fifth and tenth postnatal

Method of measurement

Stein's Postpartum blues questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

in this study the intervention was conducted as kangaroo mother care. kangaroo mother care the condition that the newborn in the shortest time before delivery (c/s or nvd) was kept between mother's breasts. While only a hat, socks and covered his genitals and which was kept warm. with the cover that was on her lung, her lung. This trend was provided daily for 10 days, several times a day depending on the tolerance of the mother and baby (at least once) and each was at least 30-20 minutes.

Category

Behavior

2

Description

In the control group don't intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

hedayat hospital

Full name of responsible person

Fatemeh Abaseian Azar

Street address

Hedayat St. Yakhjal St. Shariati Ave.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

International Branch of Shahid Beheshti Medical University

Full name of responsible person

Fatemeh Abaseian Azar

Street address

The International Branch of Shahid Beheshti Medical University of Medical & Health Service

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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

International Branch of Shahid Beheshti Medical University

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

Shahid Beheshti University of Medical & Health Service

Full name of responsible person

Mahbobeh Ahmadi

Position

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Contact

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Position

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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