# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

16 Sep 2026

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

## Protocol summary

**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

## 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**

2011-10-13, 1390/07/21

**Registrant information**

**Name**
Mahbobeh Ahmadi
**Name of organization / entity**
Shahid Beheshti University of Medical & Health Service
**Country**
Iran (Islamic Republic of)
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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**

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**
Postparum 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 befor delivery (c/s or nvd)was kept betwen mother's brests 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.

**City**

Tehran

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

International Branch of Shahid Beheshti Medical Univercity

**Full name of responsible person**

Fatemeh Abaseian Azar

**Street address**

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

**City**

Tehran

**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 Univercity

**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**

m.a.obstetric/

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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**Position**

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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*