Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Jun 2026

The effect of motivational interviewing throughout pregnancy on birth preference: a randomized controlled trial

Protocol summary

Study aim
The present study aims to investigate the effect of motivational interviews conducted during pregnancy on birth preference.

Design
The design is of a randomized controlled experimental type. Obstetrics polyclinics of a university and a state hospital, Çanakkale, Turkey. A total of 100 pregnant women, 50 in the experimental group and 50 in the control group, were included in the study. Three motivational interviews, initiated during pregnancy (Week 26-28) and continued in the postnatal period, were conducted with the experimental group. Nutrition training was provided for the control group during pregnancy.

Settings and conduct
The study population consisted of all pregnant women who referred to obstetrics polyclinics of Çanakkale Onsekiz Mart University Healthcare, Practice and Research Hospital and Çanakkale State Hospital during 01 March 2019-02 March 2020.

Participants/Inclusion and exclusion criteria
Inclusion Criteria - Primigravid status (women experiencing their 1st pregnancy), - Married (civil marriage) pregnant women in gestational week 26-28, - 50% of the experimental group and the control group consisted of pregnant women from rural areas, - Pregnant women no physical disability, - No diagnosis of a psychiatric condition (verbally confirmed), - Subjects willing to participate in the study, - Those without pregnancy considered ‘risky’, - Pregnant women without planned cesarean section Exclusion criteria - know how to read and write - not be a foreign national

Intervention groups
Motivational interviews (face to face)

Main outcome variables
Mother's perception of self-efficacy regarding labor, fear of childbirth, intention, significance, confidence-efficacy parameters of motivational interviews, birth preference

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220509054795N1**
Registration date: **2022-05-12, 1401/02/22**
Registration timing: **retrospective**

Last update: **2022-05-12, 1401/02/22**
Update count: **0**

Registration date
2022-05-12, 1401/02/22

Registrant information

Name
Eda CANGÖL

Name of organization / entity
Çanakkale Onsekiz Mart Üniversitesi

Country
Turkey

Phone
+90 286 218 13 97

Email address
edacangol@comu.edu.tr

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-03-01, 1397/12/10

Expected recruitment end date
2020-03-02, 1398/12/12

Actual recruitment start date
2019-03-01, 1397/12/10

Actual recruitment end date
2020-03-02, 1398/12/12

Trial completion date
empty

Scientific title
The effect of motivational interviewing throughout pregnancy on birth preference: a randomized controlled trial

Public title
The effect of motivational interviewing birth preference

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
- Primigravid status (women experiencing their 1st pregnancy) - Married (civil marriage) pregnant women in gestational week 26-28, - 50% of the experimental group and the control group consisted of pregnant women from rural areas, - Pregnant women no physical disability, - No diagnosis of a psychiatric condition (verbally confirmed), - Subjects willing to participate in the study, - Those without pregnancy considered 'risky', - Pregnant women without planned cesarean section

Exclusion criteria:
know how to read and write not be a foreign national

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**
Actual sample size reached: **63**

Randomization (investigator's opinion)
Randomized

Randomization description
A total of 100 pregnant women who met the inclusion criteria, i.e. those who referred to obstetrics polyclinics of Çanakkale Onsekiz Mart University Healthcare, Practice and Research Hospital and Çanakkale State Hospital during 01 March 2019-02 March 2020. Were assigned to the experimental group or the control group (50 women in each group) by randomization using the random sampling method. Randomization was performed by assigning numbers to the pregnant women according to their order of presentation using a table of random numbers to assign the first number in the experimental group and the second number in the control 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
Approval was obtained from Uşak University Ethics Committee

Street address
1 September Campus/Usak University

City
Uşak

Postal code
64000

Approval date
2016-04-06, 1395/01/18

Ethics committee reference number
local; ethics registration code: 97627247-050.99-11461

Health conditions studied

1

Description of health condition studied
None

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Mother's perception of self-efficacy regarding labor

Timepoint
Pretest and posttest

Method of measurement
Self-Sufficiency in Labor Scale-Short Form

2

Description
The intent of motivational Interview, significance, confidence-efficacy parameters

Timepoint
Pretest and post-test

Method of measurement
MI Rating Scale

3

Description
fear of childbirth

Timepoint
Pretest and post-test

Method of measurement
Delivery Expectancy/Experience Questionnaire (W-DEQ), version A

Secondary outcomes

1

Description
Mother's perception of self-efficacy regarding labor
Timepoint
after 1 month
Method of measurement
Self-Sufficiency in Labor Scale-Short Form

2

Description
The intent of motivational Interview, significance, confidence-efficacy parameters
Timepoint
after 1 month
Method of measurement
MI Rating Scale

3

Description
fear of childbirth
Timepoint
after 1 month
Method of measurement
Wijma Delivery Expectancy/Experience Questionnaire (W-DEQ), version B

4

Description
Mode of Delivery
Timepoint
after 1 month
Method of measurement
Postnatal Maternal Information Form

Intervention groups

1

Description
To support vaginal delivery, three motivational interviews, initiated during pregnancy (Week 26-28) and continued in the postnatal period, were conducted with the experimental group. Motivational interviews in the third trimester were preferred as this is a period close to delivery. The interviews were conducted individually since the motivational interviewing technique is an individual-based method.Timeline of Motivational Interviews (MIs) was as follows; The first interview: Antenatal week 26-28 The second interview: Antenatal week 32-34 The third interview: Postnatal day 1
Category
Behavior

2

Description
Since it would not be ethically appropriate to apply no intervention in the control group, individual nutrition training was provided during pregnancy in this group. The content of this training included managing nutrition during pregnancy, important nutrients during pregnancy, weight gain during pregnancy, and nutritional recommendations in physiological changes during pregnancy.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Faculty of Health Sciences, Çanakkale Onsekiz Mart University, Turkey
Full name of responsible person
Eda Cangöl
Street address
Çanakkale Onsekiz Mart University Terzioğlu Campus, Faculty of Health Sciences
City
Çanakkale
Postal code
17000
Phone
+90 286 218 13 97
Email
edacangol@comu.edu.tr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Koç University
Full name of responsible person
Ayşe Ferda Ocakçı
Street address
Topkapı
City
İstanbul
Postal code
34010
Phone
+90 212 311 26 40
Email
sanerc@ku.edu.tr
Grant name
Grant code / Reference number
2019.1.6
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Koç University
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

Çanakkale Onsekiz Mart University

Full name of responsible person

Eda Cangöl

Position

Assistant Prof., PhD

Latest degree

Ph.D.

Other areas of specialty/work

Gynecology and Obstetrics

Street address

Çanakkale Onsekiz Mart University Terzioğlu Campus, Faculty of Health Sciences

City

Çanakkale

Province

Çanakkale

Postal code

17000

Phone

+90 286 218 13 97

Email

edacangol@comu.edu.tr

Person responsible for scientific inquiries

Contact

Name of organization / entity

Çanakkale Onsekiz Mart University

Full name of responsible person

Eda Cangöl

Position

Assistant Prof., PhD

Latest degree

Ph.D.

Other areas of specialty/work

Gynecology and Obstetrics

Street address

Çanakkale Onsekiz Mart University Terzioğlu Campus, Faculty of Health Sciences

City

Çanakkale

Province

Çanakkale

Postal code

17000

Phone

+90 286 218 13 97

Email

edacangol@comu.edu.tr

Person responsible for updating data

Contact

Name of organization / entity

Çanakkale Onsekiz Mart University

Full name of responsible person

Eda Cangöl

Position

Assistant Prof

Latest degree

Ph.D.

Other areas of specialty/work

Gynecology and Obstetrics

Street address

Çanakkale Onsekiz Mart University Terzioğlu Campus, Faculty of Health Sciences

City

Çanakkale

Province

Çanakkale

Postal code

17000

Phone

+90 286 218 13 97

Email

edacangol@comu.edu.tr

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