Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Sep 2026

The effect of cyberspace counseling on self efficacy and breastfeeeding continuty

Protocol summary

Study aim
Determining the effect of cyberspace-based counseling on breastfeeding self-efficacy and continuity

Design
A quasi-experimental intervention study with a pretest-posttest design, with two experimental groups and. This study will be performed on 94 people. Participants will be selected by random sampling method and will be divided into two groups: 1) cyberspace-based counseling and 2) control. The instruments used are demographic information form, BSES-SF short-term self-efficacy scale and a researcher-made breastfeeding continuity questionnaire. The demographic information form will be filled out before the intervention in both groups. Shortened BSES-SF self-efficacy scale and questionnaire

Settings and conduct
Sampling location in this study was Tehransar health base in district 21 and Yaftabad in district 18

Participants/Inclusion and exclusion criteria
Iranian nationality. Age 20 to 40 years old. No physical illness. No mental illness. No sedatives. No herbal medicine. No addiction for husband and wife. No midwifery or psychological job. No preterm delivery. No attending concurrent classes Access to smart phones or laptops in the cyberspace consulting group. Having an internet line in the cyberspace consulting group

Intervention groups
Participants will be selected by random sampling from among the patients referred to the health centers and will be randomly assigned to two groups: 1) cyberspace-based counseling and 2) control.

Main outcome variables
Breastfeeding self-efficacy: Continuity of lactation:

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20140823018903N4**
Registration date: **2022-09-06, 1401/06/15**
Registration timing: **retrospective**

Last update: **2022-09-06, 1401/06/15**
Update count: **0**

Registration date
2022-09-06, 1401/06/15

Registrant information

Name
Leila Neisani Samani

Name of organization / entity
Iran University of Medical Sciences

Country
Iran (Islamic Republic of)

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+98 21 8888 2846

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nneysani@ut.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-03-17, 1400/12/26

Expected recruitment end date
2022-06-17, 1401/03/27

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of cyberspace counseling on self efficacy and breastfeeeding continuty

Public title

The effect of cyberspace counseling on self efficacy and breastfeeeding continuty

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

All pregnant women up to 10 days after delivery iranian No disease Do not take psychiatric medication Lack of herbal medicine Not addicted couple Do not attend the class at the same time Access to smartphones or laptops Having an internet line

Exclusion criteria:

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **94**

Randomization (investigator's opinion)

Randomized

Randomization description

After determining the desired population and studying the entry conditions by throwing dice, we determine the members of the groups and give them written consent and enter the study.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

CBT consultation

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

کمیته ی اخلاق در پژوهش دانشگاه علوم پزشکی ایران

Street address

Tehransar street

City

Tehran

Province

Tehran

Postal code

1381159789

Approval date

2021-08-28, 1400/06/06

Ethics committee reference number

IR.IUMS.REC.1400.480

Health conditions studied

1

Description of health condition studied

Breastfeeding

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Breastfeeding self-efficacy score from Fox and Dennis questionnaire

Timepoint

Before the intervention and 2 months after the end of the intervention

Method of measurement

Fox and Dennis breastfeeding self-efficacy questionnaire

2

Description

Breastfeeding continuity score using breastfeeding continuity questionnaire

Timepoint

Before the intervention and 2 months after the end of the intervention

Method of measurement

Breastfeeding continuation questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:People are divided into 8 groups of 6-7 people. For 2 months (8 weeks), a breastfeeding counseling session will be held once a week for 90 minutes. In each session, one stage of CBT (familiarity-types of thinking) - cognitive errors - the challenge of dealing with thoughts - methods of detecting negative thoughts - types of problem solving methods) will be implemented. At the beginning of each session, exercises will be taken and the session will start according to that. Advice can be given on nipples, signs of hunger, and breastfeeding status

Category

N/A

2

Description

Control group:all the routine care of the health center, which includes advice on how to breastfeed and exclusive feeding with mother's milk, every time he visits

the health center.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehransar and Center

Full name of responsible person

dr vahabi

Street address

tehransar

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2

Recruitment center

Name of recruitment center

yaftabad health center

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Iran University of Medical Sciences

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

Iran University of Medical Sciences

Full name of responsible person

leilaneisani samani

Position

professor

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no further information
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available