

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Investigating the Effect of Educational-psychological Support Counseling on Stress and Anxiety and Self-esteem in Women Hospitalized for Abortion treatment

Protocol summary

Study aim

Determining the impact of educational-psychological support counseling on stress, anxiety and self-esteem of women hospitalized for abortion treatment

Design

Clinical trial, with intervention and control group, unblinded, randomized based on block, sample size 100 patients.

Settings and conduct

This study was conducted on women hospitalized for abortion treatment at Afzalipur Hospital in Kerman in 1401. The intervention group received two educational counseling sessions, and the control group received routine training in the women's department.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Ability to speak and understand Farsi language; Being literate in reading and writing exclusion criteria: Samples who used consulting services outside the research during the study; Samples who suffered stressful events in their lives during the six months before the abortion until the end of the study

Intervention groups

Intervention group: In this group, educational-psychological support counseling is used, which is done in two counseling sessions. One session is the hospitalization time to receive the medicine and start the course of treatment and another session after the pregnancy content is completely removed. Control group: trainings and routine care of the women's department.

Main outcome variables

Stress, self-esteem, anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220820055747N1**

Registration date: **2022-11-22, 1401/09/01**

Registration timing: **prospective**

Last update: **2022-11-22, 1401/09/01**

Update count: **0**

Registration date

2022-11-22, 1401/09/01

Registrant information

Name

Farzaneh Yarahmadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 8221

Email address

farzanehyarahmadi@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-26, 1401/09/05

Expected recruitment end date

2022-12-21, 1401/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Effect of Educational-psychological Support Counseling on Stress and Anxiety and Self-

esteem in Women Hospitalized for Abortion treatment		Sciences
Public title	Investigating the Effect of Educational-psychological Support Counseling on Stress and Anxiety and Self-esteem	Street address Kerman University of Medical Sciences, The beginning of Haft Bagh Alavi
Purpose	Supportive	City kerman
Inclusion/Exclusion criteria		Province Kerman
Inclusion criteria:	All the women applying for abortion treatment to Kerman forensic medicine, whose fetuses have congenital abnormalities, after introducing the forensic medicine to three specialist doctors and the approval of these three specialists, succeeded in receiving abortion treatment license according to the instructions of the forensic medicine organization. The ability to speak and understand the Persian language Being literate in reading and writing Not having a history of known mental illnesses or taking neuropsychiatric drugs Pregnancy is desired Be of Iranian race In this study, the patient's gravidity is not considered	Postal code 76169-13555
Exclusion criteria:	Samples who had used consulting services outside the research during the study. Samples who suffered stressful events in their lives during the six months before the abortion until the end of the study. Absence in more than one counseling session	Approval date 2022-05-22, 1401/03/01
Age	No age limit	Ethics committee reference number IR.KMU.REC.1401.088
Gender	Female	
Phase	N/A	
Groups that have been masked	No information	
Sample size	Target sample size: 100	
Randomization (investigator's opinion)	Randomized	
Randomization description	Randomization is done in blocks.	
Blinding (investigator's opinion)	Not blinded	
Blinding description		
Placebo	Not used	
Assignment	Factorial	
Other design features		
Secondary Ids	empty	
Ethics committees		
1		
Ethics committee		
Name of ethics committee	Ethics Committee of Kerman University of Medical	

Health conditions studied

1

Description of health condition studied

Abortion

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Stress and anxiety score in DASS questionnaire

Timepoint

before the start of the intervention and immediately after its completion

Method of measurement

DASS stress and anxiety questionnaire

2

Description

Self-esteem in the Rosenberg questionnaire

Timepoint

before the start of the intervention and immediately after its completion

Method of measurement

Rosenberg self-esteem questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In this study, educational-psychological support counseling is used for the counseling of the intervention group, which is done in two counseling sessions, one session during hospitalization to receive medication and the beginning of the course of treatment, and another session after the pregnancy content is completely removed. The content

of this consultation includes the explanation of the abortion treatment process and the training of midwifery care necessary before the abortion treatment, the training of post-abortion care, the necessary training to reduce stress and anxiety, and training to have a healthy lifestyle in order to reduce stress and anxiety.

Category

Other

2**Description**

Control group: This group learns the training and routine care of the women's department.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Afzalipur Kerman Hospital

Full name of responsible person

Farzaneh YarAhmadi

Street address

Kerman University of Medical Sciences, the beginning of Haft Bagh Alavi

City

Kerman

Province

Kerman

Postal code

76169-13555

Phone

+98 916 248 4194

Email

farzanehyarahmadi@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti

Street address

Kerman University of Medical Sciences, the beginning of Haft Bagh Alavi

City

Kerman

Province

Kerman

Postal code

76169-13555

Phone

+98 34 3132 5700

Email

farzanehyarahmadi@yahoo.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kerman 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**

Kerman University of Medical Sciences

Full name of responsible person

Farzaneh YarAhmadi

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Kerman University of Medical Sciences, the beginning of Haft Bagh Alavi

City

kerman

Province

Kerman

Postal code

76169-13555

Phone

+98 916 248 4194

Email

farzanehyarahmadi@yahoo.com

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

Kerman University of Medical Sciences

Full name of responsible person

Farzaneh YarAhmadi

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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of Haft Bagh Alavi
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kerman
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Kerman
Postal code
76169-13555
Phone
+98 916 248 4194
Email
farzanehyarahmadi@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Farzaneh YarAhmadi
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student
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Email
farzanehyarahmadi@yahoo.com

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