

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Effect of peer support on anxiety, self-esteem and postpartum depression: a single blind randomized controlled trial

Protocol summary

Summary

The purpose of this study is to determine the effect of peer support on anxiety, self-esteem and postpartum depression in women who come to health centers in Tabriz. This study is a single-blind randomized controlled trial. Ten (10) centers with a high number of prenatal cares will be involved in this study. The initiation of sampling will be from busiest health center and will be continued to other centers until achieving to sample size. Clients who have inclusion criteria will get a phone call and invited to health centre. After explaining the study and completing the Edinburgh Depression Inventory, (100) persons, who earned 11 to 23 score and wanted to participate in the study, will be chosen. Two groups will be established randomly, control group and intervention group. The intervention group may access to routine care during pregnancy and postpartum, and additionally access to support from their peers. Demographic form will be completed at first, and questionnaires of anxiety, depression and self-esteem will be completed before intervention and after two months of delivery. Data analysis will be done with descriptive statistics and covariance analysis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202266582N7**

Registration date: **2012-04-11, 1391/01/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-04-11, 1391/01/23

Registrant information

Name

Mahin Kamalifard

Name of organization / entity

Tabriz University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 414796770

Email address

kamalifardm@gmail.com

Recruitment status

Recruitment complete

Funding source

Tabriz university of medical sciences

Expected recruitment start date

2012-04-18, 1391/01/30

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of peer support on anxiety, self-esteem and postpartum depression: a single blind randomized controlled trial

Public title

Effect of peer support on anxiety, self-esteem and postpartum depression

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: score of 11 to 23 in the Edinburgh Inventory, Primiparous women in the last three months of pregnancy, lack of illnesses like diabetes, epilepsy,

high blood pressure, anemia and hypothyroidism, not happening of adverse event in the six months before, not using of psychotropic drugs and not having diseases such as mental retardation, psychological disorders and psychosis. Exclusion criteria: no maternal desire to continue participating in the study, occurring of adverse event during the study, preterm delivery.

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: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz university of medical sciences

Street address

University of Medical Sciences and Health
Services, Daneshgah street

City

Tabriz

Postal code

Approval date

2012-03-12, 1390/12/22

Ethics committee reference number

911

Health conditions studied

1

Description of health condition studied

postpartum depression

ICD-10 code

F53.0

ICD-10 code description

mild mental and behavioral disorders associated with the

puerperium

2

Description of health condition studied

anxiety

ICD-10 code

F41.2

ICD-10 code description

mixed anxiety and depressive disorder

3

Description of health condition studied

self-esteem

ICD-10 code

Z61.3

ICD-10 code description

Events resulting in loss of self-esteem in childhood

Primary outcomes

1

Description

postpartum depression

Timepoint

before intervention in the last trimester of
pregnancy, after intervention in the second month after
delivery

Method of measurement

Edinburgh Inventory

Secondary outcomes

1

Description

Anxiety

Timepoint

before intervention in the last trimester of pregnancy,
after intervention in the second month after delivery

Method of measurement

Spielberger state and trait anxiety inventory

2

Description

self-esteem

Timepoint

before intervention in the last trimester of pregnancy,
after intervention in the second month after delivery

Method of measurement

rosenberg self-esteem scale

Intervention groups

1

Description

A (intervention group): They will have access to phone
call at least one time in a week lasts 10 minutes from

selected peers for exchanging of experiences in pregnancy, delivery and problems related to postpartum .These phone calls will be begun from last trimester of pregnancy and will continue second month after delivery. Seventeen (17) peers will be selected among women, who usually come to health centers, that they recently have had delivery and successful breast feeding, and can read and write in Persian. Peers will be matched with pregnant mothers based on demographic characters. Peers will pass 4 hours training session and after that they will call mothers for exchanging their experiences in pregnancy, delivery and postpartum with new mothers. Also whenever mother wants, she can call to peer.

Category

Prevention

2

Description

B (control group): They will not receive any phone call. Only they have access to routine care.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Emamieh Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

Hakim nezami street

City

Tabriz

2

Recruitment center

Name of recruitment center

Molla Hassan Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

End of seghatoleslam street

City

Tabriz

3

Recruitment center

Name of recruitment center

Shahid Khanli Helth Center

Full name of responsible person

Rogayyeh Iraj

Street address

Mansur street

City

Tabriz

4

Recruitment center

Name of recruitment center

Gomtapeh Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

Yeka Dokan

City

Tabriz

5

Recruitment center

Name of recruitment center

Seyyed Bavafa Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

Monajem Street

City

Tabriz

6

Recruitment center

Name of recruitment center

Abuzar Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

End of Sarbaz Shahid Street

City

Tabriz

7

Recruitment center

Name of recruitment center

Sevome Khordad Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

Azadi Street

City

Tabriz

8

Recruitment center

Name of recruitment center

Garamalek Health Center

Full name of responsible person

Rogayyeh Iraj

Street address

Garamalek Street

City

Tabriz

9

Recruitment center

Name of recruitment center

Shahid Chamran Health Center
Full name of responsible person
Rogayyeh Iraj
Street address
Akhmagieh Town
City
Tabriz

10

Recruitment center

Name of recruitment center
Shanb Ghazan Health Center
Full name of responsible person
Rogayyeh Iraj
Street address
Sento road
City
Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tabriz university of medical sciences-Vice chancellor
for research
Full name of responsible person
research service
Street address
Tabriz university of medical sciences-Vice chancellor
for research
City
Tabriz

Grant name

Grant code / Reference number
85611

**Is the source of funding the same sponsor
organization/entity?**
Yes

Title of funding source
Tabriz university of medical sciences-Vice chancellor for
research

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

Person responsible for scientific inquiries

Contact

Name of organization / entity
nursing & midwifery faculty
Full name of responsible person
Mahin Kamalifard
Position
master of sciences/lecturer-academic member
Other areas of specialty/work
Street address
Faculty of Nursing and Midwifery, shariaty street
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Tabriz
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Phone
+98 41 1479 6770
Fax
Email
kamalifardm@tbzmed.ac.ir
Web page address

Person responsible for updating data

Contact

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