Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of peer support through social networks on the stress and caring ability of mothers' premature infants after discharge

Protocol summary

Study aim
Determining the effectiveness of peer support through social networks on the stress and caregiving ability of mothers of premature after discharge

Design
The clinical trial study has a control group with a blinded and randomized parallel group on 60 mothers. For randomization, lottery is done using closed pocket.

Settings and conduct
Place of operation and peer groups include 5 groups from 5 Qhaem and Imam Reza and Hasheminezhad and Umm OmolBanin and Shariati hospitals at Mashhad in NICU ward.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Mother of premature babies with a gestational age of less than 30 weeks The mother of a baby with a birth weight of less than 1500 grams Willingness to participate in the study Mother's physical health Having a smartphone The ability to use a smartphone and social networks; Exclusion criteria: Having any health-threatening congenital abnormalities Mother's addiction

Intervention groups
Mothers who meet the criteria for entering the research will be included in the study after obtaining informed consent. The working method is that mothers are identified and enter the social network ETA up to 2 days before the discharge of the baby. Qualified peers also enter the group. The research team will hold 2 sessions to teach care tips and prepare a peer support group for them. Peer groups will start communicating with the mother before discharge and will be in contact with the mothers of premature babies in the group during one month through the Ita social network. Peers provide psychological and emotional support to newly discharged mothers and provide them with their experiences according to the questions raised in the group. Peers are asked to give intellectual and advisory help to mothers in taking care of the baby in the first month.

Main outcome variables
Care capacity Stress

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20230719058841N1**
Registration date: **2023-09-13, 1402/06/22**
Registration timing: **registered_while_recruiting**

Last update: **2023-09-13, 1402/06/22**
Update count: **0**

Registration date
2023-09-13, 1402/06/22

Registrant information

Name
mahnaz ebrahimnezhad

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-08-23, 1402/06/01

Expected recruitment end date
2024-03-19, 1402/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of peer support through social networks on the stress and caring ability of mothers' premature infants after discharge

Public title
The effect of peer support through social networks on the stress and caring ability of mothers' premature infants after discharge

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Premature babies with a gestational age of less than 30 weeks Premature babies with a birth weight of less than 1500 grams Willingness to participate in the study Mother's physical health Having a smartphone The ability to use a smartphone and virtual space (social networks)
Exclusion criteria:
Having any health-threatening congenital abnormalities Mother's addiction

Age
From **14 days** old to **2 months** old

Gender
Both

Phase
0

Groups that have been masked

- Data analyser

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling is available and allocation of mothers of premature babies to two groups of control and intervention is random and by lottery with closed pocket. The samples will be randomly divided into intervention and control groups. In order to randomly assign the participants to two groups, first 35 cards A (intervention group) and 35 cards B (control group) will be prepared. After shuffling the cards, the mothers are asked to take one card respectively, then the samples will be placed in one of the intervention or control groups based on the card taken. In this way, all participants will have an equal chance to be placed in two groups

Blinding (investigator's opinion)
Single blinded

Blinding description
Data analyzer don't know who is control or intervention group

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Mashhad University of Medical Sciences
Street address
Central building of Mashhad University of Medical Sciences
City
Mashhad
Province
Razavi Khorasan
Postal code
91778-99191

Approval date
2023-05-30, 1402/03/09

Ethics committee reference number
IR.MUMS.NURSE.REC.1402.033

Health conditions studied

1

Description of health condition studied
Premature infant

ICD-10 code
060.1

ICD-10 code description
Preterm spontaneous labour with preterm delivery

Primary outcomes

1

Description
The care ability of mothers of premature babies will be evaluated in the intervention and control groups

Timepoint
They will be evaluated before entering the group and one month after the intervention

Method of measurement
They are evaluated using the care capacity questionnaire

2

Description
The stress of mothers of premature infant

Timepoint
It is checked before entering the group and(after intervention) one month after the training

Method of measurement
They are evaluated using Cohen's questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Peer groups will start communicating with the mother before discharge and will be in contact with the mothers of premature babies in the group during one month through the Ita social network. Peers provide psychological and emotional support to newly discharged mothers and provide them with their experiences according to the questions raised in the group. Peers are asked to give intellectual and advisory help to mothers in taking care of the baby in the first month. Facilitating group discussion and providing correct scientific information and paying attention to the process of group dynamics and preventing the exchange of wrong information will be other duties of the researcher .Control group: mothers with premature babies receive routine care and can contact the department if they have any questions or problems. They complete the questionnaires before the baby's discharge and at the end of the first month after the discharge .The samples will be randomly divided into intervention and control groups. In order to randomly assign the participants to two groups, first 35 cards A (intervention group) and 35 cards B (control group) will be prepared. After shuffling the cards, the mothers are asked to take one card respectively, then the samples will be placed in one of the intervention or control groups based on the card taken. In this way, all participants will have an equal chance to be placed in two groups

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Reza Hospital

Full name of responsible person
Mahnaz Ebrahimnezhad

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2

Recruitment center

Name of recruitment center
Ghaem Hospital

Full name of responsible person
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3

Recruitment center

Name of recruitment center
Umm al-Binin Hospital

Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Dr Majid Ghayoor

Street address
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9138813944

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vcresraech@mums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Mahnaz Ebrahimnezhad

Position

MSc student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Full name of responsible person

Naghme Razaghi

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Person responsible for updating data

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Name of organization / entity

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Msc Student

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Title and more details about the data/document

At the end of the work and after printing the article, with permission from the Mashhad Nursing and Midwifery

Faculty and the relevant professors, the information will be accessible in the central library of the Mashhad Nursing and Midwifery Faculty in the student thesis.

When the data will become available and for how long

Access starts 3 months after results are published

To whom data/document is available

Researchers working in academic institutions

Under which criteria data/document could be used

Researchers with related fields can use the data and results by mentioning the reference.

From where data/document is obtainable

Correspondence with project manager, Dr. Naghme Razaghi RazaghiN@mums.ac.ir Postal code: 91778-99191

What processes are involved for a request to access data/document

Apply by email razaghiN@mums.ac.ir

Comments