

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Design, implementation, and evaluation of a program to improve adolescent pregnancy health literacy through a social messenger and investigating its impact on self-care, maternal infant attachment and some pregnancy outcome.

Protocol summary

Study aim

Designing, implementing and evaluating the program to promote pregnancy health literacy in pregnant teenagers using a social messenger (ITA messenger) and investigating its effect on self-care, mother-baby attachment and some pregnancy outcomes.

Design

The study is a randomized controlled trial without blinding, with random allocation of 55 people in the intervention group and 55 people in the control group. The six-block method will be used for random allocation.

Settings and conduct

The present study will be conducted on the comprehensive health service center number four west of Ahvaz and the comprehensive health service center number one east of Ahvaz in the city of Ahvaz as a randomized clinical trial. After the samples are selected, the intervention group will receive the adolescent pregnancy health literacy promotion program obtained from the previous stages of the study in addition to routine prenatal care. and the control group will receive routine prenatal care.

Participants/Inclusion and exclusion criteria

Inclusion criteria 1) Ability to read and write in Farsi 2) Mothers under 19 years old 3) Being in the gestational age of 6 to 30 weeks of pregnancy 4) Access to the Internet and internal messengers Non-entry criteria 1) Medical and background problems such as major or life-threatening disabilities

Intervention groups

The intervention group consists of teenage pregnant mothers who, in addition to receiving routine prenatal care, will receive the adolescent pregnancy health literacy promotion program based on internal messenger (ITA). The control group received usual prenatal care.

Main outcome variables

maternal health literacy; maternal infant attachment; breastfeeding self-efficacy; Postpartum self-care

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230912059412N1**

Registration date: **2023-10-14, 1402/07/22**

Registration timing: **registered_while_recruiting**

Last update: **2023-10-14, 1402/07/22**

Update count: **0**

Registration date

2023-10-14, 1402/07/22

Registrant information

Name

Mahsa Mirzababaei

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-07, 1402/07/15

Expected recruitment end date

2024-10-06, 1403/07/15

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Design, implementation, and evaluation of a program to improve adolescent pregnancy health literacy through a social messenger and investigating its impact on self-care, maternal infant attachment and some pregnancy outcome.

Public title
Examining the impact of a program that promotes pregnancy health literacy on self-care, maternal infant attachment, and some pregnancy outcomes in pregnant teenagers.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
1) Ability to read and write in Farsi 2) Mothers under 19 years old 3) Being in the gestational age of 6 to 30 weeks of pregnancy 4) Access to the Internet and internal messengers
Exclusion criteria:
1) Medical and background problems such as major or life-threatening disabilities

Age
To **19 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **110**

Randomization (investigator's opinion)
Randomized

Randomization description
Six block method will be used for random allocation. For this purpose, all possible modes of placement of letters A (intervention) and B (non-intervention) will be considered in blocks of 6 with an allocation ratio of 1:1, and the number of required blocks will be determined based on the number of studied samples. Then, according to the number of required blocks and based on the table of random numbers, the blocks corresponding to each table number will be listed in order. Finally, when the samples are entered into the study, each person will acquire a certain letter according to the obtained order. are written, they are allocated in closed and non-transparent envelopes by a person outside the study who has no knowledge of the research objectives, and when choosing the envelopes, a person who has no knowledge of the research objectives is asked to choose an envelope slow After obtaining informed consent and randomly assigning people in each group, the educational program will be implemented by the researcher.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
By being present in the research environment and providing information about the pregnancy health literacy promotion program, the researcher invites pregnant adolescents who are willing to participate in the program and meet the criteria for entering the study, and by randomly assigning people to the intervention and non-intervention groups. intervention are divided. (There are 55 people in each group). For random allocation, the six block method will be used. For this purpose, all possible modes of placement of letters A (intervention) and B (non-intervention) will be considered in blocks of 6 with an allocation ratio of 1:1. It is a sequential stage. In the first stage, the researcher examines the health literacy needs of pregnant adolescents from the perspective of pregnant adolescents and key informants with a qualitative approach. In the second stage of the study, the researcher determines the priority needs of the adolescent pregnancy health literacy promotion program by using the nominal group technique and based on the opinions of key people, then in the third stage of the study of the promotion program Pregnancy health literacy will be designed using the ADDIE educational model. In the fourth stage, the researcher, by being present in the research environment and providing information about the educational program, invites pregnant teenagers who wish to participate in the program, and after obtaining written consent, the intervention group, which includes a total of 55 people, It divides 5 groups consisting of eleven pregnant teenagers and distributes the educational content through the internal messenger of ITA in an easy and understandable media format (Powerpoint with sound, video, poster, booklet, audio file) on a weekly basis within each group. In addition, the researcher will be responsible for supporting and answering possible questions. The non-intervention group also receives the usual pregnancy care and education. Then, in the fourth stage, the evaluation of pregnancy outcomes in the postpartum period (between 6 and 8 weeks after delivery) will be done in two intervention groups and non-intervention groups that received routine care and training.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of

Medical Sciences

Street address

No 20, Gouy ababi Street, Zafar Ave

City

Tehran

Province

Tehran

Postal code

1916736513

Approval date

2023-08-22, 1402/05/31

Ethics committee reference number

IR.AJUMS.REC.1402.294

Health conditions studied

1

Description of health condition studied

Pregnancy health literacy in adolescent pregnancy

ICD-10 code

Z35.6

ICD-10 code description

Supervision of very young primigravida

Primary outcomes

1

Description

to improve adolescent pregnancy health literacy

Timepoint

Evaluation of maternal health literacy outcomes in the postpartum period (between 6 and 8 weeks after delivery) in intervention and non-intervention groups.

Method of measurement

Specific questionnaire for measuring maternal health literacy

Secondary outcomes

1

Description

maternal- infant attachment

Timepoint

Measurement of mother-infant attachment in the postpartum period (between 6 and 8 weeks after delivery) in two interventions and non-intervention groups.

Method of measurement

Condon and corkindale's postnatal attachment questionnaire

2

Description

Postpartum self-care

Timepoint

Measuring the performance of women in the field of postpartum self-care in the postpartum period (between 6 and 8 weeks after delivery) in two interventions and

non-intervention groups.

Method of measurement

Questionnaire on women's performance in the field of self-care after childbirth

3

Description

Breastfeeding self-efficacy

Timepoint

Measurement of breastfeeding self-efficacy in the postpartum period (between 6 and 8 weeks after delivery) in two interventions and non-intervention groups.

Method of measurement

Dennis Short Breastfeeding Self-Efficacy Questionnaire (2003)

Intervention groups

1

Description

The intervention group is pregnant teenagers who meet the inclusion criteria. They will receive routine pregnancy care according to Iran's national guidelines. In addition, they will receive health literacy promotion program based on ITA's internal messenger in the manner described below. The educational content of the adolescent pregnancy health literacy promotion program will be designed based on first and second stages of the study. The researcher puts the educational content in an Comprehensible and easy way in the form of media (power point with sound, video, poster, booklet, audio file) through the internal messenger of ITA every week inside intervention group. Due to the unknown content of the program, the number of times and weeks that the program is uploaded in the internal messenger group is not known, It should be noted that the pregnancy health literacy promotion program for adolescents will be designed based on the needs of pregnant adolescents that identified through the first and second stages of the study.

Category

Behavior

2

Description

The control group is pregnant adolescents who meet the inclusion criteria. They will receive routine pregnancy care and training according to Iran's national guidelines.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive Health service center No 4. west of

Ahvaz

Full name of responsible person

Mahsa Mirzababaei

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Bazarche Street, Saadi Ave. Ahvaz

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2

Recruitment center

Name of recruitment center

East Ahvaz Health Center

Full name of responsible person

Mahsa Mirzababaei

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

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

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Mahsa Mirzababaei

Position

phD student

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Mojgan Javadnoori

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Associate Professor

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All completed data and questionnaires will be provided to the Ahvaz University of Medical Sciences

When the data will become available and for how long

It will be possible to access the research documents six months after the statistical analysis and at the end of the fourth phase of the study

To whom data/document is available

The data will be available only for the use of researchers in academic institutions.

Under which criteria data/document could be used

This research will be done with the aim of improving pregnancy health literacy in pregnant teenagers, and the use of its documents is allowed only in this direction with the knowledge and permission of the responsible author.

From where data/document is obtainable

In order to receive the data, people can refer to the main execution of the project, Dr. Mojgan Javad Nouri, a member of the academic staff of Jundishapur University of Medical Sciences, Ahvaz.

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

The applicant obtaining the necessary permission from the Jundishapur University of Medical Sciences and Vice The research and technology of this university can take action to receive documents.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

Full name of responsible person

Mahsa Mirzababaei

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

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