

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effect of positive psychology based counseling on reproductive age womens childbearing attitude and motivation : a randomised controled clinical trial

Protocol summary

Study aim

Effect of positive psychology based counseling on reproductive age women's childbearing attitude and motivation: a randomized controlled clinical trial

Design

A randomized controlled clinical trial with intervention and control groups

Settings and conduct

. For the intervention group (27) women, Seven group counseling sessions based on positive psychology It will be held once a week for consecutive weeks. To inform the spouses about the counseling content, this content will be presented to the spouses in writing and the spouses will follow up the reading of the booklet. Also, one to two virtual counseling sessions will be held for spouses. In the current study, the control group (27 people) will receive routine care in the fall.

Participants/Inclusion and exclusion criteria

Criteria for entering the study: Women aged 18-40, married after two years of marriage and not wanting to get pregnant for the next two years, or having a child over 18 months old and not wanting to get pregnant for the next two years verbal and listening ability Women should not get pregnant for medical reasons. Women with a history of infertility with a doctor's diagnosis.

Intervention groups

The intervention group (27 women) will receive seven group counseling sessions based on positive psychology once a week. To inform the spouses, a booklet and one to two virtual counseling sessions will be held. The control group will receive routine care.

Main outcome variables

childbearing attitud and motivation

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171007036615N11**

Registration date: **2024-01-09, 1402/10/19**

Registration timing: **prospective**

Last update: **2024-01-09, 1402/10/19**

Update count: **0**

Registration date

2024-01-09, 1402/10/19

Registrant information

Name

عصمت مهرابی

Name of organization / entity

دانشگاه علوم پزشکی تبریز

Country

Iran (Islamic Republic of)

Phone

+98 41 3477 0649

Email address

mehrabie@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-20, 1402/10/30

Expected recruitment end date

2024-04-18, 1403/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of positive psychology based counseling on reproductive age womens childbearing attitude and motivation : a randomised controled clinical trial		Name of ethics committee Tabriz University of Medical Sciences (Research Ethics Committee)
Public title The effect of positive psychology based counseling on reproductive age womens childbearing attitude and motivation : a randomised controled clinical trial		Street address South Shariati Street, Faculty of Nursing and Midwifery, Tabriz
Purpose Education/Guidance		City Tabriz
Inclusion/Exclusion criteria Inclusion criteria: Women married Ages 18-40 Year After two years of their marriage and not wanting to get pregnant for the next two years Married women aged 18-40 with a child over 18 months old and not wanting to get pregnant in the next two years .Ability Verbal And auditory Willingness to participate in the study Exclusion criteria: Women who should not get pregnant for medical reasons Women with a history of infertility diagnosed by a doctor		Province East Azarbaijan
Age From 18 years old to 40 years old		Postal code 5138947977
Gender Female		Approval date 2023-12-04, 1402/09/13
Phase N/A		Ethics committee reference number IR.TBZMED.REC.1402.649
Groups that have been masked Participant		
Sample size Target sample size: 54		
Randomization (investigator's opinion) Randomized		
Randomization description Then participants will be given counseling and control through random block classification based on zero parity and prime parity using RAS software with 6 blocks with a ratio of 1:1.		
Blinding (investigator's opinion) Single blinded		
Blinding description . The type of allocation will be written on paper and will be available to the responsible author (first guidance teacher) and the allocation of people to the intervention and control groups will be done centrally by the same person.		
Placebo Not used		
Assignment Parallel		
Other design features		
Secondary Ids empty		
Ethics committees		
1 Ethics committee		
		2 Description

Childbearing motivation
Timepoint
Before the intervention and 4 weeks after the intervention
Method of measurement
Childbearing Questionnaire: CBQ

Secondary outcomes

1

Description
Desire toward childbearing
Timepoint
Before the intervention and 4 weeks after the intervention
Method of measurement
Fertility desire scale: FDS

2

Description
Frequency of stages of behavior change
Timepoint
Before the intervention and 4 weeks after the intervention
Method of measurement
Checklist of steps to change the desire to pregnancy

Intervention groups

1

Description
Intervention group: The intervention group (27 women) will receive seven group counseling sessions (45-60 minutes) based on positive psychology once a week for consecutive weeks. In order to inform the spouses about the counseling content, this content will be presented to the spouses in written form (booklet) and one to two virtual counseling sessions will be held for the spouses. Additional counseling sessions will be held if needed and requested by spouses.
Category
Behavior

2

Description
Control group: The control group will receive routine care.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Gom Tape Health Base
Full name of responsible person

Dr.Elnaz Afsar
Street address
Qarabaghi Street, three way to Beheshti Mosque, Al-Mahdi
City
Tabriz
Province
East Azarbaijan
Postal code
5138947977
Phone
+98 41 3235 7615
Email
Taheri8054@gmail.com

2

Recruitment center
Name of recruitment center
Manzareh health center
Full name of responsible person
Dr. Mohammad Alizadeh Niazi
Street address
Abu Rihan Crossroad, Abadani Maskan, Koi Etsami
City
Tabriz
Province
East Azarbaijan
Postal code
5138947977
Phone
+98 41 3479 2334
Email
Taheri8054@gmail.com

3

Recruitment center
Name of recruitment center
Sayad Shirazi Health Center
Full name of responsible person
Dr. Sonia Ahmadzadeh
Street address
Rezvanshahr in front of Koi Aghavandi
City
Tabriz
Province
East Azarbaijan
Postal code
5138947977
Phone
+98 41 3235 2121
Email
Taheri8054@gmail.com

4

Recruitment center
Name of recruitment center
Akhmakieh Health Center
Full name of responsible person
Dr. Mozhan Manochehri
Street address

Akhmaqiyeh, the last station, next to the center of virtue

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3424 1660

Email

Taheri8054@gmail.com

5

Recruitment center

Name of recruitment center

Shahid Babaei Health Center

Full name of responsible person

Dr. Alireza Motahari

Street address

Parvaz , Abbasi Doran St.5 Babaei,

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3385 1115

Email

Taheri8054@gmail.com

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Recruitment center

Name of recruitment center

Imamiya Health Center

Full name of responsible person

Dr.Mandana Abbaszadeh

Street address

Akhara Emamieh, West Meraj St., next to Sepah Bank,
Shahid Soleimani St

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3541 9330

Email

Taheri8054@gmail.com

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Recruitment center

Name of recruitment center

Cheshmandaz Health center

Full name of responsible person

Dr. Zahra Syedian

Street address

Abbasi Crossroads, Haj Hashem Station, below

Chashmandaz Park

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3655 4908

Email

Taheri8054@gmail.com

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Recruitment center

Name of recruitment center

Eram health facility

Full name of responsible person

Dr. Elham Gholamalipour

Street address

Aram town, District 8, Mahdi Street

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3232 5148

Email

Taheri8054@gmail.com

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Recruitment center

Name of recruitment center

Shahid Tejalai Health Center

Full name of responsible person

Dr. Mozghan Vahedi

Street address

Rushdieh town, Saadi street, in front of Baharestan
shopping mall

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3669 6617

Email

Taheri8054@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr Parviz Shahabi

Street address

Vice President of Technology Research, Tabriz
University of Medical Sciences, University of Tabriz
University

City

Tabriz

Province

East Azarbaijan

Postal code

5138947977

Phone

+98 41 3479 6770

Email

Taheri8054@gmail.com

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

Yes

Title of funding source

Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Dr Esmat Mehrabi

Position

Phd in reproductive health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

South Shariati Street

City

Tabriz

Province

East Azarbaijan

Postal code

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Phone

+98 41 3479 6770

Email

b.mehrabi@yahoo.com

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

Tabriz University of Medical Sciences

Full name of responsible person

Dr Esmat Mehrabi

Position

Ph.D in reproductive health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

South Shariati Street

City

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+98 41 3479 6770

Email

b.mehrabi@yahoo.com

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

Tabriz University of Medical Sciences

Full name of responsible person

Dr Esmat Mehrabi

Position

Ph.D in reproductive Health

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

South Shariati Street

City

Tabriz

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Email

b.mehrabi@yahoo.com

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

no

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