

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jun 2026

### The effect of motivational counseling on fertility preferences and childbearing motivations of couples on the verge of marriage

#### Protocol summary

Motivations for having children Fertility preferences

##### Study aim

1. Determining the effect of motivational counseling on fertility preferences of couples married 2. Determining the effect of motivational counseling on the motives of couples about to have children

##### Design

This research is a parallel randomized clinical trial with two arms, one intervention group and the other control group, which includes 5 centers in 5 regions of Mashhad.

##### Settings and conduct

The research environment includes 5 centers (Center No. 1, Vakil Abad, Center No. 2, Vahdat, Center No. 3, Quds Al-Azil Center, Center No. 4, Saman, and Center No. 5, Imam Reza Vanjati) Jame Salamat, Mashhad. that all services such as conducting pre-marriage tests, organizing pre-marriage counseling classes and, if necessary, referring couples for genetic tests are performed in this center. 2. Counseling sessions: Zohin counseling sessions will be held in 5 comprehensive health centers in Mashhad.

##### Participants/Inclusion and exclusion criteria

Age 18-35 years Literacy for reading and writing Muslim, Iranian, resident ms Being on the threshold of the first marriage Not having a mental illness Not having physical and mental disabilities not having a medical prohibition for pregnancy, The drop criterion Exit c Having a history of divorce Being a divorce debtor Being an unwanted borrower A history of abuse Having a history of depression History of infertility in the family

##### Intervention groups

Cs. For the purpose of sampling, first the questionnaire is filled consciously, then among the group of madahlah and the control group, the questionnaires of Demograqik, then the fertility motivation questionnaire (Miller) and the fertility preferences questionnaire (Miller) were given to the couples who met the criteria for entering the study. They were asked to complete these questionnaires individually without consulting others

##### Main outcome variables

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20240228061123N1**

Registration date: **2024-06-29, 1403/04/09**

Registration timing: **retrospective**

Last update: **2024-06-29, 1403/04/09**

Update count: **0**

##### Registration date

2024-06-29, 1403/04/09

##### Registrant information

##### Name

masome mokram

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3869 9250

##### Email address

zoharadradrad@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-03-31, 1403/01/12

##### Expected recruitment end date

2024-06-01, 1403/03/12

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

The effect of motivational counseling on fertility preferences and childbearing motivations of couples on the verge of marriage

### Public title

The effect of motivational counseling on fertility preferences and childbearing motivations of couples on the verge of marriage

### Purpose

Education/Guidance

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Age between 18-35 years Be literate Being on the threshold of the first marriage Not having a mental illness, not having a physical and mental disability, not having a medical prohibition for pregnancy, Muslim, Iranian, resident of Mashhad

#### Exclusion criteria:

Having a history of divorce Being a child of divorce Being an unwanted child A history of having a license history of depression History of infertility in the family

### Age

From **18 years** old to **35 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **100**

### Randomization (investigator's opinion)

Randomized

### Randomization description

Random sequence generation sites are used for randomization. This site randomly places the number of people in the study groups in order of entry. These numbers are written in sheets according to the order of placement in the groups that show the individual's allocation and are placed in envelopes to prevent the allocator's opinion from being applied. The allocating person is asked to open the envelope of the same number as the people enter according to the person's number and the person's group is determined In this study, we will use the restricted randomization method of the block randomization type. Blocking is usually used in order to balance the number of samples allocated to each of the studied groups. This feature helps the researchers to have the same number of samples assigned to each of the studied groups in cases where intermediate analyzes are needed during the sampling process. The size of all the blocks is equal and we will use 4 blocks in this experiment

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Crossover

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahrood University of Medical Sciences

##### Street address

HAFt-tir

##### City

SHAHRoD

##### Province

Semnan

##### Postal code

36147-73943

#### Approval date

2024-01-13, 1402/10/23

#### Ethics committee reference number

IR.SHMU.REC.1402.166

## Health conditions studied

### 1

#### Description of health condition studied

Status of the study: Investigating the fertility motivation and preferences of couples on the verge of marriage in two intervention and control groups with motivational counseling and no motivational counseling.

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

inFertility motive/Fertility preferences

#### Timepoint

Samples at one month and then two months after the intervention

#### Method of measurement

questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group:couples are selected from health centers with pre-marriage counseling clinics. Qualified

couples completed the demographic questionnaire, fertility plans and motivation questionnaire after completing the questionnaire. Then, in the intervention group, a motivational counseling program will be conducted for each couple within a month. At the end of the meditation period and two months after that, the questionnaire is completed again online.

**Category**

Behavior

**2****Description**

Control group: couples are selected from health centers with pre-marriage counseling clinics. Couples who meet the entry criteria, after completing the questionnaire, completed the demographic and fertility motivation questionnaire. At the end of the intervention period and two months after that, the couples' fertility motivation level The questionnaire will be evaluated online

**Category**

Behavior

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

محیط پژوهش شامل 5 مرکز ( مرکز شماره 1 وکیل آباد مرکز 1. شماره 2 وحدت مرکز شماره 3 قدس وسیلو مرکز

**Full name of responsible person**

Professor Pour Heydari

**Street address**

The research environment includes 5 centers (Vakil Abad Center No. 1, Vahdat Center No. 3, Qods Al-Azil Center No. 4, Saman Center No. 5, and Imam Reza Vanjati Center No.

**City**

mshd

**Province**

Razavi Khorasan

**Postal code**

09330275213

**Phone**

+98 51 3869 9250

**Email**

zoharadradrad@gmail.com

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

Shahroud University of Medical Sciences

**Full name of responsible person**

Dr. Behzad Garmabi

**Street address**

Haft Tir St

**City**

SHahrd

**Province**

Semnan

**Postal code**

73955-36147

**Phone**

+98 23 3239 5054

**Email**

vcr@shmu.ac.ir

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

Yes

**Title of funding source**

Shahroud 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**

Shahroud University of Medical Sciences

**Full name of responsible person**

Masoume Mokaram Rad

**Position**

midwife

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Sayad Shirazi St

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9179986835

**Phone**

+98 51 3869 9250

**Email**

zoharadradrad@gmil.com

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

Shahroud University of Medical Sciences

**Full name of responsible person**

Masoume Makram Rad

**Position**

midwife

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Sayad Shirazi St

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9179986835

**Phone**

+98 51 3869 9250

**Email**

zoharadradrad@gmail.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Masume Mokaram Rad

**Position**

Midwife

**Latest degree**

Bachelor

**Other areas of specialty/work**

Midwifery

**Street address**

Saiad Shirazi

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9179986835

**Phone**

+98 51 3869 9250

**Email**

zoharadradrad@gmail.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**

There is no further information

**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