

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 2026

### The effect of educational intervention on perceived social support and delivery type selection in primiparous pregnant women; application of “Theory of Planned Behavior”

#### Protocol summary

##### Summary

This study was conducted to investigate the effect of the intervention on perceived social support and choice of delivery using the "theory of planned behavior" as Randomized clinical trial on 94 pregnant women attending clinics affiliated to Shiraz University of Medical Sciences (Shahid Motahari Hospital and Clinic of Obstetrics and Gynecology Hospital, Hafiz) for prenatal care. Inclusion criteria: • primiparous pregnant women at the first visits (less than a twentieth week of pregnancy) as mentioned centers; • pregnancy with a single fetus; • No indications for cesarean delivery and anything that may increase Possibility of electronic fetal monitoring and therefor the cesarean. Exclusion criteria: • Failure to attend more than one session of training sessions for pregnant women; • the lack of women at the time of completing the questionnaire; • Anything that during the pre-test and post-test results in the indications for cesarean. In this study to enhance the perceived social support for pregnant women And also to encourage their intention for normal delivery based on the structures of theory of planned behavior. In addition, training is reinforced with short messages. training lasts at least a month and have a Perry-test and post-test within one month after intervention. It is expected that after the intervention, perceived social support pregnant women be promoted And their intention to be strengthened for normal delivery.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201411287816N3**

Registration date: **2015-03-05, 1393/12/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-03-05, 1393/12/14

##### Registrant information

###### Name

Mahin Nazari

###### Name of organization / entity

School of health

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1725 1001

###### Email address

manazari@sums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2014-12-01, 1393/09/10

##### Expected recruitment end date

2014-12-11, 1393/09/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of educational intervention on perceived social support and delivery type selection in primiparous pregnant women; application of “Theory of Planned Behavior”

##### Public title

The effect of educational intervention on perceived social support and delivery type selection in Primiparous women in the city of Shiraz in 1393

9374-7214

## Purpose

Prevention

## Inclusion/Exclusion criteria

□ primiparous pregnant women attending governmental two clinics affiliated to Shiraz University of Medical Sciences (Shahid Motahari and Hafez Hospital) city of Shiraz in 1393. Inclusion criteria: • primiparous pregnant women at the first visits (less than a twentieth week of pregnancy) as mentioned centers; • pregnancy with a single fetus; • No indications for cesarean delivery and anything that may increase Possibility of electronic fetal monitoring and therefor the cesarean. Exclusion criteria: • Failure to attend more than one session of training sessions for pregnant women; • the lack of women at the time of completing the questionnaire; • Anything that during the pre-test and post-test results in the indications for cesarean.

## Age

From **16 years** old to **35 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **94**

## 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

Shiraz University of Medical Sciences

##### Street address

Shiraz University of Medical Sciences, Zand street

##### City

Shiraz

##### Postal code

14336 - 71348

#### Approval date

2014-11-19, 1393/08/28

#### Ethics committee reference number

## Health conditions studied

### 1

#### Description of health condition studied

perceived social support and delivery type selection

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Perceived Social Support

#### Timepoint

Before and one month after intervention

#### Method of measurement

Multidimensional Perceived Social Support Questionnaire

### 2

#### Description

delivery type selection

#### Timepoint

Before and one month after intervention

#### Method of measurement

researcher made questionnaire of delivery type selection based on the

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

This study is a quasi-experimental intervention research On a sample of 94 primiparous women (47 cases in the control group and 47 cases in the intervention group)In the first visit (less than the twentieth week of pregnancy), for prenatal care, will be done.Educational intervention to improve perceived social support primiparous pregnant women and to encourage their intention to do natural childbirth And also based on the "theory of planned behavior", both direct (face to face) and indirect (non-face to face) are carried out.Direct intervention during 3 sessions of 45 minutes each week to a meeting or attending a meeting, By means of interactive lectures and partnerships with educational aids Pamphlet, booklet and training videos for pregnant women in the intervention group performed. In addition to these three sessions, 1-2 sessions are also refer to direct education those around (spouse, family, friends and significant others) held in pregnant women. Indirect intervention in the 3 sessions for the those around (spouse, family, friends and significant others) pregnant women with educational aids pamphlet, booklet and

training videos offered. In addition, training is reinforced with short messages.

**Category**

Lifestyle

2

**Description**

The control group received no intervention

**Category**

N/A

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Remedial and Educational Center of Shahid Ayatollah Motahari

**Full name of responsible person**

**Street address**

**City**

Shiraz

2

**Recruitment center**

**Name of recruitment center**

Remedial and Educational center of Hafez

**Full name of responsible person**

**Street address**

**City**

Shiraz

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Dr. Gholamreza Hatam

**Street address**

Deputy of Research and Technology- Seventh Floor- Central Administration of Shiraz University of Medical Sciences- Zand Street-Shiraz

**City**

Shiraz

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shiraz University of Medical Sciences

**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**

**Name of organization / entity**

Shiraz University of Medical Sciences-School of Health

**Full name of responsible person**

Dr. Mahin Nazari

**Position**

Ph.D of Health Education/Faculty member-Assistant Professor

**Other areas of specialty/work**

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Health

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**Other areas of specialty/work**

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**Web page address**

**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*