

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

The effect of educational the happiness based on the theory of self-efficacy on happiness and perceived stress in pregnant women referred to health centers in city Gerash

Protocol summary

Summary

This study aimed to determine the effect of happiness training based on self-efficacy theory on happiness and perceived stress in pregnant women referred to health centers of the city Community. Methods: This study is a randomized clinical trial on 86 pregnant women referred to health centers Community city (urban health centers of the Prophet Mohammad) and its attached status and health centers is Ali ebne abi taleb. Inclusion criteria: pregnant women at 14 to 25 weeks of pregnancy are not infected mother to mental illnesses (through a case study during pregnancy), mothers' lack of exposure to chronic diseases (cardiovascular diseases, hypertension and diabetes), according to Medical records of at least literate (primary) have. Exclusion criteria: pregnant women not attending more than one session in the training sessions, the unavailability of pregnant women when completing the questionnaire. They are both intervention and control groups, as a means of evaluating questionnaires before and after the intervention and the results will be analyzed. Educational interventions 7 meeting in person and by week two meeting groups for pregnant women with educational aids pamphlets, booklets and instructional videos for pregnant women occurs. In addition, training is reinforced by texting. Educational intervention lasts at least a month and a fairy-test and post-test within one month after the intervention. Variables such as stress and happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201602157816N9**

Registration date: **2016-07-03, 1395/04/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-03, 1395/04/13

Registrant information

Name

Mahin Nazari

Name of organization / entity

School of health

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-01-29, 1394/11/09

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational the happiness based on the theory of self-efficacy on happiness and perceived stress in pregnant women referred to health centers in city Gerash

Public title

The effect of educational the happiness on pregnant women stress

Purpose

Prevention

Inclusion/Exclusion criteria

Terms of Inclusion: Pregnant women who are 14-25 weeks pregnant; lack of a mother with mental illnesses (through a case study during pregnancy); Lack of mothers develop chronic diseases (cardiovascular diseases, hypertension, diabetes) according to medical records; at least read and write (Elementary); regular participation in educational programs have the ability and consent to be filled; complete the questionnaire
Terms of Exclusion: Absence of more than one session of pregnant women in training sessions; opt out of the study or moved; Failure to participate in the pre-test, post-test, or both; lack of willingness to cooperate

Age

No age limit

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 86

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

Shiraz University Of Medical Sciences, Zand Avenue, Shiraz, Iran

City

Shiraz

Postal code

1433671348

Approval date

2016-01-24, 1394/11/04

Ethics committee reference number

IR.SUMS.REC.1394.189

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

R46.6

ICD-10 code description

Undue concern and preoccupation with stressful events

Primary outcomes

1

Description

Happiness

Timepoint

Before and one month after intervention

Method of measurement

Oxford happiness Questionnaire

Secondary outcomes

1

Description

Perceived stress

Timepoint

Before and one month after intervention

Method of measurement

Cohen Stress Questionnaire

Intervention groups

1

Description

Intervention group: This group is for 7 sessions, each session lasting an hour and a half and just two sessions per week of interactive lectures practices and partnerships with educational aids, pamphlets, booklets and instructional videos is done. The training is reinforced through group communication through social networks

Category

Prevention

2

Description

control group: In control group was not intervention performed.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Remedial and Educational center of Ali ebne abi taleb

Full name of responsible person

Ansari Soraiya

Street address

Community Health Network of gerash, Mofateh street,
Gerash, Iran

City

Gerash

2**Recruitment center****Name of recruitment center**

Health center Prophet Mohammad

Full name of responsible person

Ansari Soraiya

Street address

Health center Prophet Mohammad, Imam street,
Gerash, Iran

City

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

Vice chancellor for Research, Shiraz University of
Medical Sciences

Full name of responsible person

Gholamreza Hatam

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Shiraz University Of Medical Sciences, Zand St.,
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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

Vice chancellor for Research, 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**

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Full name of responsible person

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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