Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect training stress management on anxiety a of pregnant women

Protocol summary

Summary

Introduction: Postpartum depression is more common during pregnancy and application of interventional techniques to treat or reduce the rate of maternal and child health priorities are, based on study of the effect of teaching problem solving and relaxation on anxiety in pregnant women. Material and methods: 289 women in their third trimester of pregnancy care clinic Najmieh Tehran hospital in 2011 had referred 105 cases due to the inclusion criteria based on sampling in the 20-70range of anxiety scores to select were. In this study, the spilberger questionnaire and demographic characteristics questionnaire for the study variables were used. Then these people randomly assigned in two groups and the five-step problem-solving skills training based on the IDEAL model and relaxation in three group sessions were taught; in the last session of each training post test and control groups was measured again after one month to track the changes of the subjects completed anxiety Inventory respectively. Data analysis was performed using spss 16 software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204038290N2**
Registration date: **2013-06-28, 1392/04/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-06-28, 1392/04/07

Registrant information

Name

Feryal Khamseh

Name of organization / entity

Baqiyatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2228 9941

Email address

khamseh110@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baqyatallah University of Medical Sciences

Expected recruitment start date

2012-04-04, 1391/01/16

Expected recruitment end date

2012-07-06, 1391/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect training stress management on anxiety a of pregnant women

Public title

The effect training stress management on anxiety of pregnant women

Purpose

Supportive

Inclusion/Exclusion criteria

include: not tranning in relaxation & problem solving; three stage pregnancy; have point meld to anxiety(20-75); no history of psychiatric drugs in the past year without medical complications including preeclampsia; placenta previa; abruption (premature placental detachment) and thyroid dysfunction in pregnancy desire and motivation to participate in research. Exclusion criteria: absence of more than one session of classes and medical complications include preeclampsia, placenta previa, abruption (premature

placental detachment), and thyroid dysfunction in pregnancy....

Age
To **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **289**

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
Baqyatallah University of Medical Sciences

Street address
Valayat complex- Aghdaseah- Arag-

City
Tehran

Postal code

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
27

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
anxiety

Timepoint
on- and one month

Method of measurement
shepelberger

Secondary outcomes

empty

Intervention groups

1

Description
tanning of relaxation

Category
Behavior

2

Description
training of problem solving

Category
Behavior

3

Description
control group

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Najmeah hospital

Full name of responsible person
Mehri Najar

Street address
Hafez and Jomhori cross

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Baqyatallah University of Medical Sciences

Full name of responsible person
Jamile Mokhtari Nuri

Street address
Aghdaseah- Araj- Tehran- Iran

City
Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Baqyatallah 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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Person responsible for updating data

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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