

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

The effect training stress management on depression 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 depression 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 11-40 range of depression scores to select were. In this study, the Beck Depression Inventory scores for depression and a questionnaire consisting of demographic characteristics for the study variables were used. Then these people randomly assigned in 3 groups and the five-step problem-solving skills training based on the IDEAL model and relaxation training in two 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 Beck Depression Inventory respectively. Data analysis was performed using spss 16 software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201306258290N4**

Registration date: **2013-07-06, 1392/04/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-06, 1392/04/15

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

Baqiyatallah 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 depression of pregnant women

Public title

The effect training stress management on depression of pregnant women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: not attending in training about relaxation & problem solving; three stage pregnancy; have point meld to strong depression(11-40); 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. In the absence of more than one session of classes; medical complications include

preeclampsia, placenta previa, abruption (premature placental detachment), and thyroid dysfunction in pregnancy are main exclusion criteria.

Age

No age limit

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

Aagdasieh - Araj - Valayat

City

Tehran

Postal code

1956837173

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

27

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.9

ICD-10 code description

Depressive episode, unspecified

Primary outcomes

1

Description

Deression

Timepoint

At the begining and first month

Method of measurement

Beck

Secondary outcomes

empty

Intervention groups

1

Description

The control group received no intervention. Tests were performed at different stages of depression. in the end of study Depending of educational intervention in the experimental group and control group was to exploit

Category

Behavior

2

Description

Problem solving training :In groups 1 Learning 5-step problem-solving methods taught during training sessions and Three-step test dumps before the training, immediately after training and after a month of training done

Category

Behavior

3

Description

Relaxation training : In groups 2 Training sessions were taught progressive muscle relaxation and Three-step test dumps before the training, immediately after training and after a month of training done

Category

Treatment - Drugs

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

Baqyatallah University of Medical Sciences

Full name of responsible person

Mehri Najjar

Position

MSc

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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