

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The effect of a preparing program about advantages of vaginal delivery for pregnant women and their husbands on their preferred mode of delivery

Protocol summary

Summary

In this before-after clinical trial, 100 pregnant women who are determined to give birth by cesarean section, attended to two health clinics affiliated to Sabzevar University of Medical Sciences will be included. In one health center during one session, benefits of vaginal delivery for mother and baby, risks of cesarean, and cases in which cesarean is lifesaving are discussed for pregnant women and their husbands. In another health center, routine education about cesarean and normal delivery are given to mothers. Investigated outcomes include husbands' opinion about the mode of delivery and woman's decision about mode of delivery after the intervention and one month later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201605298548N2**

Registration date: **2016-06-28, 1395/04/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-06-28, 1395/04/08

Registrant information

Name

Foroughossadat Mortazavi

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 57 1444 6070

Email address

frmortazavi@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Sabzevar University of Medical Sciences

Expected recruitment start date

2015-08-31, 1394/06/09

Expected recruitment end date

2016-08-31, 1395/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of a preparing program about advantages of vaginal delivery for pregnant women and their husbands on their preferred mode of delivery

Public title

The effect of education about advantages of vaginal delivery on preferred mode of delivery

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria; primiparity or having a history of vaginal delivery; consented to participate in the study; gestational age between 13-26 weeks; requesting cesarean section as the preferred mode of delivery with no medical or obstetrical indication for; having the ability to read Exclusion criterion: husband's nonattendance in the clinic

Age

From **15 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample sizeTarget sample size: **100****Randomization (investigator's opinion)**

Not 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 Sabzevar University of Medical Sciences

Street address

Sabzevar University of Medical Sciences

City

Sabzevar

Postal code**Approval date**

2014-12-01, 1393/09/10

Ethics committee reference number

Medsab.Rec.93.37

Health conditions studied**1****Description of health condition studied**

Elective caesarean

ICD-10 code

O82.0

ICD-10 code description

Delivery by elective caesarean section

Primary outcomes**1****Description**

pregnant woman's preference of vaginal delivery

Timepoint

after the intervention and one month later

Method of measurement

one question in Likert scale

Secondary outcomes**1****Description**

husband's preference of vaginal delivery

Timepoint

after intervention and one month later

Method of measurement

one question in a Likert scale

Intervention groups**1****Description**

Women with husbands group: In a visit with 50 couples hold by a midwife, advantages of vaginal delivery for pregnant women, risks of cesarean, and cases in which cesarean are lifesaving and necessary are discussed. All discussed materials are given to couples in the format of pamphlets

Category

Prevention

2**Description**

Women group: In a visit with 50 pregnant women hold by a midwife, advantages of vaginal delivery for pregnant women, risks of cesarean, and cases in which cesarean are lifesaving and necessary are discussed. All discussed materials are given to women in the format of pamphlets

Category

Prevention

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

Aldaghi Health Center

Full name of responsible person

Forough Mortazavi

Street address

N 12, Sihezarmetri square

City

Sabzevar

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

Hemat Abad Health Center

Full name of responsible person

Forough Mortazavi

Street address

N24, Iesi avenue, Zand square

City
Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Sabzevar University of Medical Sciences

Full name of responsible person

Mohammad Mohammadzadeh

Street address

Sabzevar University of Medical Sciences, Road Police station, Sabzevar

City

Sabzevar

Grant name

Grant code / Reference number

393080242

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

Yes

Title of funding source

Vice chancellor for research, Sabzevar 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

Sabzevar, University of Medical Sciences

Full name of responsible person

Foroughossadat Mortazavi

Position

faculty member

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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