Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 between13-26 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 size
Target 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 Ṡciences
Full name of responsible person
Foroughossadat Mortazavi
Position
faculty member
Other areas of specialty/work
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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