Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of maternal fetal attachment training on success and duration of breast – feeding of primiparous women

Protocol summary

Study aim

The present study aimed to determine the effect maternal - fetal attachment training on success and duration breastfeeding in primiparous women.

Design

In this study, 120 primigravid women referring to Health Centers are selected. Participants are randomly divided into intervention and control groups.

Settings and conduct

This study consists of two stages of prepartum and eight weeks postpartum. In the first stage, in the intervention group, 4 sessions of maternal attachment training (30 - 45 min) held and the control group receives the routin pregnancy care.

Participants/Inclusion and exclusion criteria

Being Iranian; literacy; No known medical conditions and mental illness; Being nulliparous; wanted pregnancy; gestational age of 28-34 weeks. Hospitalization of the infant or mother for medical condition; Parents' separation from baby; Postpartum Depression

Intervention groups

The intervention group takes part in four sesessions of maternal fetal attachment training and the control group receives the routin pregnancy care.

Main outcome variables

The maternal fetal attachment using maternal fetal attachment scale is measured in both intervention and control groups before intervention, immediately after intervention and two weeks after the intervention. The success and duration of lactation in the 4th and 8th weeks after delivery are measured using a lactation pattern questionnaire.

General information

Reason for update

Acronym

MFA

IRCT registration information

IRCT registration number: **IRCT20120122008801N22**
Registration date: **2018-03-05, 1396/12/14**
Registration timing: **prospective**

Last update: **2018-03-05, 1396/12/14**
Update count: **0**

Registration date

2018-03-05, 1396/12/14

Registrant information

Name

Masoumeh Simbar

Name of organization / entity

Shahid Beheshti University for Medical Sciences

Country

Iran (Islamic Republic of)

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+98 21 8820 2517

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msimbar@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2018-03-20, 1396/12/29

Expected recruitment end date

2018-06-21, 1397/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of maternal fetal attachment training on success and duration of breast – feeding of primiparous women

Public title
"The effect of maternal fetal attachment on lactation"
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Iranian nationality Age between 18 - 35 years old literacy No known medical conditions and mental illness Primigravida women Wanted pregnancy Gestational age of 28-34 weeks
Exclusion criteria:
No history of infertility
Age
From **18 years** old to **35 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
Randomization (investigator's opinion)
Randomized
Randomization description
The method of randomization of this study is simple randomand. there is an individual randomization unit.Tool of randomization is sealed envelope.
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 Shahid Beheshti University of Medical Sciences
Street address
ValiAsr Ave, Niayesh Cross Road, Niayesh Complex,
City
Tehran
Province
Tehran
Postal code
1985717443
Approval date
2017-01-03, 1395/10/14
Ethics committee reference number
579 .1395. IR.SBMU.PHNM

Health conditions studied

1

Description of health condition studied
Emotional relationship between mother and fetus
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
duration of breastfeeding
Timepoint
Four weeks after childbirth, Eight weeks after childbirth
Method of measurement
patterns of breastfeeding questionnaire

2

Description
success breastfeeding
Timepoint
Four weeks after childbirth, Eight weeks after childbirth
Method of measurement
patterns of breastfeeding questionnaire

Secondary outcomes

1

Description
Maternal- fetal Attachment
Timepoint
Before intervention, After the intervention, Two weeks after the intervention
Method of measurement
Cranley’s questionnaire

2

Description
Lactation success
Timepoint
Four weeks after birth, Eight weeks after birth
Method of measurement
Lactation Pattern Questionnaire

3

Description
Lactation duration
Timepoint
Four weeks after birth, Eight weeks after birth
Method of measurement
Lactation Pattern Questionnaire

Intervention groups

1

Description
The intervention group take part in four 30minute sessions of maternal-fetal attachment training.
Category
Behavior

2

Description
The control group receives the routine pregnancy care
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Sarem hospital
Full name of responsible person
Arash poladi
Street address
Phase 3 و Ekbatan Settlement و Tehran
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1396956111
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Fax
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Web page address

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Afshin Zarghi
Street address
Shahid Beheshti University of Medical Sciences/ Tehran / Iran
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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
Shahid Beheshti University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Anahita Rahimi
Position
Master Student of Midwifery
Latest degree
Bachelor
Other areas of specialty/work
Midwifery
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available