Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of volunteer’s telephone-based support on the effect of volunteers' telephone-based support on decreasing the postnatal depression decreasing the postnatal depression

Protocol summary

Summary

Abstract Objectives: The aim of this research is to study the effect of volunteer’s telephone-based support on decreasing postnatal depression. Materials and Methods: In a randomized controlled trial, the mothers fill the Edinburg Postnatal Depression Scale (EPDS) on 10-15 days after uncomplicated childbearing. After applying exclusion criteria, 54 eligible mothers with mild and moderate depression (scores= 11-14) will be allocated into intervention group 1 and group 2T randomly. the intervention group 1recieve routine postnatal health care beside telephone based support by health volunteers and will be asked and explained about their questions The intervention group 2 will use the routine postnatal health care,. A questionnaire will be used to collect demographic and contextual variables. After 6 weeks mothers will fill the EPDS and depression scores will be measured again. Data will be analyzed using chi-square test, Fisher’s exact test, t-test and paired t-test. key words: women health, telephon based support, health volunteer, EPDS, postnatal depression

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202159027N1**
Registration date: **2012-04-09, 1391/01/21**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-04-09, 1391/01/21

Registrant information

Name

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Name of organization / entity

Shahid Beheshti University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2012-04-21, 1391/02/02

Expected recruitment end date

2012-09-20, 1391/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of volunteer’s telephone-based support on the effect of volunteers' telephone-based support on decreasing the postnatal depression decreasing the postnatal depression

Public title

The effect of volunteer’s telephone-based support on the effect of telephone-based support on postnatal depression

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criterion were: term live childbirth.

Exclusion criteria were: history of mental disorder; episodes of mental disorders during pregnancy or last year that necessitate medicine use; dead fetus; history of postpartum depression; current use of psychiatric prescribed drugs and the EPDS score more than 14

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **54**

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
community medicine Depatment

Street address
Velenjak, Koodakyar street, Faculty of MedicineShahid Beheshti University of Medical Sciences, Velenjak

City
Tehran

Postal code
1985734957

Approval date
2012-03-05, 1390/12/15

Ethics committee reference number
15862/308

Health conditions studied

1

Description of health condition studied
Postnatal depression

ICD-10 code
F53

ICD-10 code description
Mild mental and behavioural disorders associated with the puerperium, not elsewhere classified

Primary outcomes

1

Description
Postnatal depression

Timepoint
Before intervention and six weeks after intervention

Method of measurement
Edinburg Postnatal Deprssion Scale

Secondary outcomes

empty

Intervention groups

1

Description
The intervention group 1 will receive routine postpartum care plus volunteers' telephone-based supports till 6 weeks. Eight health volunteers will be trained and every of them will cover 3-4 mothers for 2-3 times per week, telephone-based supporting. During every call after greeting, they will ask their health status, mood and relationship with their newborns and whether there is any problem? They will solve the problem according to their training guidance. They will be in close contact with the main researcher and should not talk to the other volunteers in this regard. The control group do not receive this support and only receive routine postpartum care. At the end of 6 weeks, EPDS will be filled again in two groups and the depression scores were calculated.

Category
N/A

2

Description
Interventeion group 2: The intervention group two will receive only routine postnatal care and have the same characteristic as intervention group one.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
the hospitals of Shahid Beheshti University of Medical Sciences

Full name of responsible person
Hourieh Shamshiri Milani

Street address
Velenjak- Daneshjoo Blvd. Koodakyar Ave. Faculty of Medicine, 8th floor, Department of Community Medicine

City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Deputy of Reaserch, Faculty of Medicnie, Shahid Beheshti University of Medica
Full name of responsible person
Dr. Houssein Ghoodarzi
Street address
Velenjak- Daneshjoo Blvd. Koodakyar Ave. Faculty of Medicine, 8th floor, Department of Community Medicine
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Deputy of Reaserch, Faculty of Medicnie, Shahid Beheshti University of Medica
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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Obstetrician & Gynecologist- MPH, Assistant Professor
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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