# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

19 Oct 2026

## The effect of counseling on health promotion behaviors in diabetic mothers reffered to motahhari hospital of Urmia at 2015

## Protocol summary

**Summary**

The aim of this study will be determine the impact of the consultation on promoting healthy lifestyles in women with gestational diabetes reffered to motahhari hospital of Urmia at 2015. In this study the mothers referred to motahhari hospital of Urmia that have24 to 32 weeks gestational age and gestational diabetes diagnosis by the doctor based on the glucose tolerance test is given to them, 60 samples will be selected on the basis of Inclusion criteria Then Health-Promoting Lifestyle Profile II questionnaire and Demographic questionnaire by interviews were completed, the samples were randomly assigned to two groups will be assigned. The intervention group will be receive 5 counseling session based on advice presenting information approch on health promotion behaviors . the control group will receive the same routine care hospital. After the intervention (the end of the fifth week) all subjects will be asked again to visit motahhari hospital of Urmia and again Health-Promoting Lifestyle Profile II questionnaire will be completed by interviews and pre test and post-test in both groups will be identified and analyzed.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2015121224340N8**
Registration date: **2016-01-03, 1394/10/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2016-01-03, 1394/10/13

**Registrant information**

**Name**

Hamideh Mohaddesi

**Name of organization / entity**

Urmia University of Medical Science

**Country**

Iran (Islamic Republic of)

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**Recruitment status**

**Recruitment complete**

**Funding source**

Investigator

**Expected recruitment start date**

2015-11-07, 1394/08/16

**Expected recruitment end date**

2015-12-30, 1394/10/09

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of counseling on health promotion behaviors in diabetic mothers reffered to motahhari hospital of Urmia at 2015

**Public title**

The effect of counseling on health promotion behaviors in diabetic mothers

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: consent to the participate; inhabitant of Urmia city, Iran; definitive diagnosis of gestational diabetes; gestational age between 24-32 weeks; literacy as reading and writing; not having any known physical or mental illness that makes training impossible, to

participate in training courses in the field of diabetes prior to inclusion. Exclusion criteria: no cooperation to participate in the research and any complications the mother or the fetus as preterm delivery or stillbirth.

**Age**
No age limit

**Gender**
Female

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **60**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**
Urmia University of Medical Sciences

**Street address**
Urmia University of Medical Sciences, Resalat Blvd.

**City**
Urmia

**Postal code**
5714783734

**Approval date**
2015-07-01, 1394/04/10

**Ethics committee reference number**
REC.UMSU.1394.90

## Health conditions studied

**1**

**Description of health condition studied**
Gestational Diabetes Mellitus

**ICD-10 code**
O24.4

**ICD-10 code description**
Diabetes mellitus arising in pregnancy

## Primary outcomes

**1**

**Description**
Health Promoting Lifestyle

**Timepoint**
Before the intervention, 5 weeks after intervention

**Method of measurement**
Health-Promoting Lifestyle Profile II questionnaire-Demographic questionnaire

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
The intervention group will receive 5 counseling session based on advice presenting information approch on health promotion behaviors, the time of each session with the next session will be a week, two hours during each session that includes fifteen minutes follow-up last session, forty-five minute presentation, thirty minutes group counseling and , individual counseling as required references will be thirty minutes, also the intervention group will receive a Consulting Training Package (lifestyle of health promotion in gestational diabetes) that The books ministerial and international guidelines will be used to prepare the package .

**Category**
Behavior

**2**

**Description**
the control group will receive the same routine care hospital.

**Category**
Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Motahhari hospital of Urmia

**Full name of responsible person**
Seyedeh Ramona Razavi

**Street address**
Motahhari hospital, Kashani Street

**City**
Urmia

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Urmia University of Medical Sciences
**Full name of responsible person**
Seyedeh Ramona Razavi
**Street address**
Urmia University of Medical Sciences, Resalat Blvd.
**City**
Tabriz
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Urmia 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**
Urmia University of Medical Sciences
**Full name of responsible person**
Seyedeh Ramona Razavi
**Position**
Master student of midwifery counseling
**Other areas of specialty/work**
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## Person responsible for scientific inquiries

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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*