

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Aug 2026

The effect of counseling on health promotion behaviors in diabetic mothers referred 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 referred to motahhari hospital of Urmia at 2015. In this study the mothers referred to motahhari hospital of Urmia that have 24 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 approach 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)

Phone

+98 44 3275 4963

Email address

mohaddesi.h@umsu.ac.ir

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 referred 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 approach 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

Street address

Urmia University of Medical Sciences, Resalat Blvd.

City

Urmia

Postal code

5714783734

Phone

+98 44 3275 4963

Fax

Email

midwife27451@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Urmia University of Medical Sciences

Full name of responsible person

Hamideh Mohaddesi

Position

Master of midwifery, faculty member

Other areas of specialty/work

Street address

Urmia University of Medical Sciences, Resalat Blvd.

City

Urmia

Postal code

5714783734

Phone

+98 44 3275 4963

Fax

Email

mohaddesi.han@gmail.com

Web page address

Person responsible for updating data

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

Street address

Urmia University of Medical Sciences, Resalat Blvd.

City

Urmia

Postal code

5714783734

Phone

+98 44 3223 4897

Fax

Email

midwife27451@gmail.com

Web page address

www.umsu.ac.ir

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