

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

The effectiveness of health literacy consultation on lifestyle in women with high risk pregnancy in selected centers of Alborz province in 1396

Protocol summary

Summary

(1)Objectives:This study conducted as effectiveness of health literacy counseling on life style of high risk pregnant women affected by gestational diabetes.(2) Design:This is a randomized clinical trial without blinding.(3)Setting and conduct:2 selected centers in Alborz province(Alborz and Kamali hospitals)(4)Participants:The sample size will be 84 pregnant women in 2 selected centers.inclusion criteria: Iranian women between 18-35 years old,affected by gestational diabetes that they diagnosed at the first time in pregnancy by FBS or OGTT test and they have tendency and conscious consent to inter the study and they do not affect by other physical or psychological disorder and exclusion criteria: Unwillingness to continue participation in the study and if they do not present at least 2 sessions of total counseling sessions and affection to other disorder than diabetes.(5) Intervention: lifestyle counselling (6) main outcome measures: The primary outcome measure is lifestyle and secondary is gestational diabetes.

Name of organization / entity

Nursing&Midwifery faculty

Country

Iran (Islamic Republic of)

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Email address

zohrehmahmoodi@abzums.ac.ir

Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2017-05-01, 1396/02/11

Expected recruitment end date

2017-09-01, 1396/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017021427728N3**

Registration date: **2017-04-05, 1396/01/16**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-04-05, 1396/01/16

Registrant information

Name

Zohreh Mahmoodi

Scientific title

The effectiveness of health literacy consultation on lifestyle in women with high risk pregnancy in selected centers of Alborz province in 1396

Public title

The effectiveness of health literacy consultation on lifestyle in women with high risk pregnancy in selected centers of Alborz province in 1396

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Iranian women between 18-35 years old; affected by gestational diabetes that they diagnosed at the first time in pregnancy by FBS or OGTT test; have tendency and conscious consent to inter the study; do not affect by other physical or psychological disorder.

Exclusion criteria: Unwillingness to continue participation in the study; if they do not present at least 2 sessions of total counseling sessions; affection to other disorder than diabetes.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Block sampling with random numeral

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Alborz University of Medical Sciences

Street address

ninth floor, Dara building, north Yasmin, east Pune street, 45 Yards of Golshahr, karaj, Iran

City

karaj

Postal code**Approval date**

2017-01-28, 1395/11/09

Ethics committee reference number

Abzums.Rec.1395.146

Health conditions studied**1****Description of health condition studied**

Gestational diabetes mellitus

ICD-10 code

O24.9

ICD-10 code description

Diabetes mellitus in pregnancy, unspecified

Primary outcomes**1****Description**

life style

Timepoint

Before intervention _ Immediately after the intervention
-3 weeks after intervention

Method of measurement

use of questionnaire

Secondary outcomes**1****Description**

health literacy

Timepoint

Before intervention; Immediately after the interventio; 3 weeks after intervention

Method of measurement

use of questionnaire

Intervention groups**1****Description**

1-Intervention group : In this group hold 6 health literacy consultation sessions weekly .The time of each session is 90 minute. In the control group: hold 6 routine consultation sessions weekly and The time of each session is 90 minute

Category

Lifestyle

2**Description**

2-control group :They receive routine consultation

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Kamali hospitall

Full name of responsible person

DrZohreh Mahmoodi

Street address

Kamali Hospital,Kamali Allay,Tallegani street,Karaj.Iran Karaj

City

Karaj

2

Recruitment center

Name of recruitment center

Alborz hospital

Full name of responsible person

Dr Zohreh Mahmoodi

Street address

Parastar boulevard ; Baghestane Gharb; Karaj

City

Karaj

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Alborz University of Medical Sciences

Full name of responsible person

Dr Mohammad Noori sepehr

Street address

Department of Nursing., Alborz University of Medical Scienc.,Golestan 1, Eshteraki Street, Baghestan, Karaj,Iran.

City

Karaj

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Alborz 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**

Alborz University of Medical Sciences

Full name of responsible person

Dr Zohreh Mahmoodi

Position

PhD

Other areas of specialty/work**Street address**

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Web page address

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