

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Effect of Childbirth Education based on Face to Face and the Social Network on Pregnancy and Delivery Experience and Type of Delivery on Pregnant Women

Protocol summary

Study aim

Comparing the Effect of Childbirth Education based on Face to Face and the Social Network on Pregnancy and Delivery Experience and Type of Delivery on Pregnant Women

Design

Semi experimental study with control group, with three parallel groups design of 165 patients

Settings and conduct

This study will be conducted in the perinatal clinic of the Milad Hospital. The educational content is according to country standard instructions. In addition, sending messages based on Mayer's multimedia in form of text, image, podcast and video cast, in the MPEG-4 format. The maximum of films time was 10-15 minute. To prevent from being uploaded, as well as reduction in educational quality, the content of each session in divided sections in that session and specific time will be sent every day. To make sure of correct methods education of respiratory and relaxation techniques, two sessions to practice will be held in the hospital.

Participants/Inclusion and exclusion criteria

Nulliparous women are eligible to receive common perinatal cares

Intervention groups

In this study, participants will assign to one of three groups: intervention group 1 (education based on social networking (on Telegram)), intervention group 2 (face to face childbirth preparation classes) and control group (Not attending any educational course).

Main outcome variables

Pregnancy experience; Delivery expectancy/experience; Desire to type of delivery; Type of delivery

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180427039436N2**
Registration date: **2018-06-15, 1397/03/25**
Registration timing: **prospective**

Last update: **2018-06-15, 1397/03/25**

Update count: **0**

Registration date

2018-06-15, 1397/03/25

Registrant information

Name

Leila Amiri Farahani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4365 1139

Email address

l.amirifarahani@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-07-06, 1397/04/15

Expected recruitment end date

2019-08-21, 1398/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Childbirth Education based on Face to Face and

the Social Network on Pregnancy and Delivery
Experience and Type of Delivery on Pregnant Women

Public title

Effect of virtual Childbirth Education on pregnant women

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Iranian nationality nullipara 18-35 years old 20 week of gestational age Literate Having a mobile phone or computer with the ability to install a telegram program until the end of the study Active Internet access Absence of high risk pregnancy Lack of history of infertility and psychological disorder

Exclusion criteria:

Being absent more than two sessions of childbirth classes Leave the group Not responding to messages sent by the researcher for at least one week during the study Indication of high risk pregnancy during study Preterm labor

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **165**

Randomization (investigator's opinion)

Not 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

Ethics committee of Iran University of Medical Sciences

Street address

Rashid Yasemi

City

Tehran

Province

Tehran

Postal code

1996713883

Approval date

2018-02-25, 1396/12/06

Ethics committee reference number

IR.IUMS.REC 1396.9511373011

Health conditions studied

1

Description of health condition studied

Virtual education of childbirth preparation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

pregnancy experience

Timepoint

Before intervention at 16-20 weeks gestational and 36-38 weeks of gestational age

Method of measurement

Brief version of pregnancy experience scale

2

Description

delivery expectancy/experience questionnaire

Timepoint

Before intervention at 16-20 weeks gestational and 36-38 weeks of gestational age

Method of measurement

Wijma delivery expectancy/experience questionnaire

3

Description

Type of delivery

Timepoint

After delivery

Method of measurement

Question based on social networking

Secondary outcomes

empty

Intervention groups

1

Description

Education based on social networking (on Telegram): The educational content is according to country standard instructions. In addition, sending messages based on Mayer's multimedia in form of text, image, podcast, video cast, in the MPEG-4 format. The maximum of films time will be 10-15 minute.

Category

Other

2

Description

Face to face childbirth preparation classes: These classes will be held at the hospital in 8 sessions.

Category

Other

3

Description

Control group: Not attending any educational course

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Milad hospital

Full name of responsible person

Robab Mousavi

Street address

Shahid Hemmat highway, District 2

City

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Postal code

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+98 21 84090

Fax

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Email

info@miladhospital.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Kazem Malakouti

Street address

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Email

malakoutik@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Robab Mousavi

Position

Student

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

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Name of organization / entity

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Position

Student

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Person responsible for updating data**Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Leila Amiri Farahani

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Reproductive Health

Street address

Rashid Yasemi

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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available