

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 May 2026

### The effect of self-efficacy promoting strategies on breast-feeding behavior among nulliparous women

#### Protocol summary

##### Summary

This is a randomized controlled trial that will be done on 120 nulliparous women (35-37 weeks of gestation) to determine the effect of increasing self-efficacy strategies on breastfeeding behavior in pregnant women in Ahvaz, Iran. The primary self-efficacy scores of samples will be measured using Dennis breastfeeding self-efficacy questionnaire. Women will be randomly recruited into two intervention (n=60) and control groups (n=60). The designed educational program based on self-efficacy theory (two training sessions that each will be lasted for 60 minutes, a training package graphics and sending two messages per week using the Short Message Service (SMS)) will be performed for intervention group. The control group only will receive routine prenatal care. Then, the Breastfeeding self-efficacy scale and questionnaires related to breastfeeding behavior will be completed by the study participants, 2 and 8 weeks after childbirth. For data analysis, SPSS software, version 19 will be used

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014061410804N3**

Registration date: **2016-06-20, 1395/03/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-06-20, 1395/03/31

##### Registrant information

###### Name

Marzieh Araban

###### Name of organization / entity

Tarbiat Modares University

###### Country

Iran (Islamic Republic of)

###### Phone

تهران

###### Email address

m.araban@modares.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Research council of Ahvaz Jundishapur University of Medical Sciences

###### Expected recruitment start date

2014-11-04, 1393/08/13

###### Expected recruitment end date

2015-01-03, 1393/10/13

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of self-efficacy promoting strategies on breast-feeding behavior among nulliparous women

###### Public title

Effect of self-efficacy promoting strategies on breast-feeding behavior

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Inclusion criteria: first time pregnancy; healthy women (according to doctor appointments); No history of reproductive problems (infertility, recurrent pregnancy loss); gestational age 35-37 weeks; having a singleton pregnancy; fluent in Persian (Farsi); having at least basic education; owning a cell phone (for experimental group)  
exclusion criteria: Complicated pregnancy (vaginal

bleeding/ spotting/ gestational hypertension/ leak....);absence in training sessions ;Turn off or unavailability of cell phone

#### Age

No age limit

#### Gender

Female

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: **120**

#### 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

Ahvaz Jundishapur University of Medical Sciences

##### Street address

Golestan Avenue

##### City

Ahvaz

##### Postal code

159

#### Approval date

2014-11-04, 1393/08/13

#### Ethics committee reference number

13930145 Ajums.REC

## Health conditions studied

### 1

#### Description of health condition studied

breastfeeding self efficacy

#### ICD-10 code

Z39

#### ICD-10 code description

Postpartum care and examination

## Primary outcomes

### 1

#### Description

Breastfeeding self-efficacy score

#### Timepoint

at 35-37 weeks of pregnancy and 2 weeks and 8 weeks after delivery

#### Method of measurement

Dennis' Breastfeeding Self-Efficacy Scale-Short Form

## Secondary outcomes

### 1

#### Description

type of child nutrition and breast feeding behavior

#### Timepoint

2 and 8 weeks after delivery

#### Method of measurement

Researcher made Questionnaire

## Intervention groups

### 1

#### Description

Participants in the Intervention group will be received two training sessions by the researcher. Each session will be lasted for 60 minutes. In the first session, educational content based on the learning objectives and self-efficacy theory will be presented by the researcher and women were free to ask their questions. And at the second session, the intervention group will be received a graphical training package. It contains 10 cards with emotional trigger words and phrases for breastfeeding. Also by the end of the study (8 weeks after giving birth), to encourage mothers to breastfeed, two massages per week using the Short Message Service will be sent each week by the researcher.

#### Category

Behavior

### 2

#### Description

The control group only will be received routine prenatal and postnatal cares.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

healthcare center number7, Jondishapour University of Medical Science

##### Full name of responsible person

Marzieh Araban

##### Street address

Social Determinants of Health Research Center,

Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran.

**City**

Ahvaz

**2**

**Recruitment center**

**Name of recruitment center**

healthcare center number9, Jondishapour University of Medical Science

**Full name of responsible person**

Marzieh Araban

**Street address**

Social Determinants of Health Research Center, Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran

**City**

Ahvaz

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Marzieh Araban

**Street address**

Social Determinants of Health Research Center, Jondishapour University of Medical Science, Golestan Road, Ahvaz, Khuzestan, Iran

**City**

Ahvaz

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Ahvaz Jundishapur 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**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Marzieh Araban

**Position**

PhD/Asistant Professor

**Other areas of specialty/work**

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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*