

# Snyder's Hope Theory-based psychological intervention on post-traumatic growth in Chinese women experiencing perinatal loss

<b>Submission date</b> 25/02/2026	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/02/2026	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 27/02/2026	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

### Type(s)

Public, Scientific, Principal investigator

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## Additional identifiers

## Study information

### Scientific Title

The effect of Snyder's Hope Theory-based psychological intervention on post-traumatic growth in Chinese women experiencing perinatal loss

### Study objectives

This study aimed to evaluate the effectiveness of a psychological intervention based on Snyder's Hope Theory in promoting post-traumatic growth (PTG) among women who experienced perinatal loss.

### **Ethics approval required**

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### **Ethics approval(s)**

approved 01/10/2023, Ethics Committee of Chengdu Women's and Children's Central Hospital (No 1617 of Riyue Avenue, Qingyang District, Chengdu, 611731, China; +86 (0)28 61866015; lunliwyh@163.com), ref: KYLS2024(83)

### **Primary study design**

Interventional

### **Allocation**

Randomized controlled trial

### **Masking**

Blinded (masking used)

### **Control**

Active

### **Assignment**

Parallel

### **Purpose**

Supportive care

### **Study type(s)**

### **Health condition(s) or problem(s) studied**

Post-traumatic growth in women experiencing perinatal loss

### **Interventions**

Participants are randomly allocated to the intervention or control group in a 1:1 ratio using computer-generated random numbers. Allocation concealment is ensured through the use of sequentially numbered, opaque and sealed envelopes prepared by an independent researcher.

### **Control group:**

The control group will receive standard care comprising:

1. Explanation of medical reasons for perinatal loss
2. Procedural information about hospitalization and discharge
3. Postpartum recovery education
4. Routine 1-month follow-up appointment

Psychological support is limited to brief emotional validation and referral information if requested.

## Intervention group:

In addition to standard care, the intervention group will receive the Snyder Hope Theory-based intervention program. The program development will follow a systematic process including:

1. Literature review of hope theory applications and perinatal loss interventions
2. Expert consultation with psychologists, obstetricians, and grief counselors
3. Focus groups with women who had experienced perinatal loss
4. Pilot testing with 10 participants for feasibility refinement

The final intervention will consist of four weekly individual sessions (30-60 minutes each) delivered by trained psychological counselors with certification in grief counseling. Session content is structured around hope theory's core components: Session 1 - Hope Instillation and Goal Setting (Week 1): This initial session will focus on establishing therapeutic rapport and introducing hope concepts. Session 2 - Pathway Thinking Development (Week 2): Building on identified goals, this session will emphasize generating multiple pathways toward goal achievement. Session 3 - Agency Enhancement (Week 3): This session will target motivation and self-efficacy beliefs. Session 4 - Integration and Future Orientation (Week 4): The final session will consolidate learning and prepare for autonomous hope maintenance.

## Intervention Type

Other

## Primary outcome(s)

1. Post-traumatic growth measured using Chinese Post-Traumatic Growth Inventory (C-PTGI) at T0 (baseline, within 1 week post-loss), T1 (immediately post-intervention/4 weeks post-loss), and T2 (follow-up/8 weeks post-loss)

## Key secondary outcome(s)

1. Grief following perinatal loss measured using Perinatal Grief Scale (PGS) at T0 (baseline, within 1 week post-loss), T1 (immediately post-intervention/4 weeks post-loss), and T2 (follow-up/8 weeks post-loss)
2. Hope measured using Herth Hope Index (HHI) at T0 (baseline, within 1 week post-loss), T1 (immediately post-intervention/4 weeks post-loss), and T2 (follow-up/8 weeks post-loss)
3. Post-traumatic stress symptoms measured using Impact of Event Scale-Revised (IES-R) at T0 (baseline, within 1 week post-loss), T1 (immediately post-intervention/4 weeks post-loss), and T2 (follow-up/8 weeks post-loss)

## Completion date

12/09/2025

## Eligibility

### Key inclusion criteria

1. Pregnancy  $\geq 20$  weeks terminated due to confirmed foetal anomalies or foetal death or neonatal death within 28 days postpartum
2. Age  $\geq 20$  years
3. Ability to read and understand Chinese
4. No psychological treatment during pregnancy
5. Absence of severe pregnancy complications (e.g., heart failure or severe preeclampsia)
6. Voluntary participation with written informed consent

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

20 years

**Upper age limit**

60 years

**Sex**

Female

**Total final enrolment**

140

**Key exclusion criteria**

1. History of psychiatric disorders or current psychological treatment
2. Previous experiences of foetal anomaly, stillbirth or neonatal death
3. Cognitive impairment affecting comprehension of intervention content
4. Ongoing substance abuse

**Date of first enrolment**

16/10/2023

**Date of final enrolment**

30/05/2025

**Locations****Countries of recruitment**

China

**Sponsor information****Organisation**

Chengdu Women's and Children's Central Hospital

**ROR**

<https://ror.org/008x2am79>

**Funder(s)**

## **Funder type**

### **Funder Name**

Health Commission of Chengdu Municipality

### **Alternative Name(s)**

Chengdu Municipal Health Commission, Health Commission of Chengdu,

### **Funding Body Type**

Government organisation

### **Funding Body Subtype**

Local government

### **Location**

China

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

#### **IPD sharing plan summary**

Not expected to be made available