

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison the effect of menstrual health education with lecture and peer group method of on knowledge and practices among high school girls in Hamadan City , 2014

Protocol summary

Summary

Objective: This study conducted to compare the effect of menstrual health education using lecturer and peer education methods. Inclusion criteria: Initiation of menstrual period (at least 3 times), Completed consent form from parents, No diagnosed diseases that influence on menstrual cycle such as diabetes and hormonal disorders, Resident in Hamadan city. Exclusion criterion: Absent more than one class in educational interventions. Population of study: Secondary school students in Hamadan city. Sample size: 180 Students (90 students in each group) aged between 13-15 years old. Intervention: The participants were randomly assigned into the intervention group (peer group education method) and control group (Lecturer education method). After completing consent form by participants, The patients will be randomized to receive either peer or lecturer education methods on menstrual health. Education contents are similar in both groups include: appropriate nutrition, exercise, individual health, use of medication for pain relief and health recommendations by physicians. Knowledge and practices on menstrual health between two groups will compare using self-administered questionnaire and checklist at before, immediate after and one month after end of study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010810426N3**
Registration date: **2015-02-03, 1393/11/14**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-02-03, 1393/11/14

Registrant information

Name

Parisa Parsa

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

parsa@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2015-02-19, 1393/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of menstrual health education with lecture and peer group method of on knowledge and practices among high school girls in Hamadan City , 2014

Public title

Comparison the effect of menstrual health education with lecture and peer group method of on knowledge and practices among high school girls in Hamadan City , 2014

Purpose

Health service research
Inclusion/Exclusion criteria
Inclusions criteria: 1. Initiation of menstrual period (at least 3 times). 2. Completed consent form from parents. 3. No diagnosed diseases that influence on menstrual cycle such as diabetes and hormonal disorders. 4. Resident in Hamadan city. Exclusion criterion: 1. Absent more than one class in educational interventions.

Age
From **13 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **180**

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
Hamadan University of Medical Sciences
Street address
Shahid Fahmideh Street
City
Hamadan
Postal code
Approval date
2014-10-07, 1393/07/15
Ethics committee reference number
p/16/35/3293

Health conditions studied

1

Description of health condition studied
Menstrual Health
ICD-10 code
Z30.3
ICD-10 code description
Menstrual extraction

Primary outcomes

1

Description
Increase knowledge on menstrual health

Timepoint
Before study, immediate after and one month after end of study

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Enhancing practices on menstrual health

Timepoint
Before study, immediate after study and one moth after study

Method of measurement
Checklist

Intervention groups

1

Description
Case group educate using peer group menstrual education. 90 students in this group aging between 13-15 years old were selected randomly assigned into the intervention group (peer group education method). After completing consent form by participants' parents, the students will educate by their peers. Education contents include: nutrition, exercise, individual health, use of mediation for pain relief and health recommendations by physicians. Knowledge and practices on menstrual health within and between groups will compare using self-administrated questionnaire and checklist at before, immediate after and one moth after end of study.

Category
Lifestyle

2

Description
Control group educate with lecturer by a researcher. 90 students in this group aging between 13-15 years old were randomly and assigned into the control group (Lecturer education method). parents of participants completed the consent form. Education contents teaches by a researcher include: nutrition, exercise, individual health, use of mediation for pain relief and health recommendations. Knowledge and practices on menstrual health within group and between two groups will compare using self-administrated questionnaire and checklist at before, immediate after and one moth after end of study.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Secondary Education Office in Hamadan Region.
Secondary school names are: Bent Al Hoda, Shahid
Nasir

Full name of responsible person

Street address

Secondary Education Office in Hamadan Region-
Farhang Street- Hamadan

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamadan University of Medical Sciences

Full name of responsible person

Dr. Saeed Bashirian

Street address

Hamadan University of Medical Sciences- Shahid
Fahmideh Street -Counterpoin of Mardom Park-
Hamadan

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamadan 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

Hamadan University of Medical Sciences

Full name of responsible person

Dr. Parisa Parsa

Position

Assistant Professor

Other areas of specialty/work

Street address

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>