

# 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-administrated 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

+98 81 1822 4396

###### 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

Faculty of Nursing and Midwifery- Hamadan

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

##### City

Hamadan

##### Postal code

65178-3-8698

##### Phone

+98 81 3838 0051

##### Fax

##### Email

parsa@umsha.ac.ir

##### Web page address

## Person responsible for scientific 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

Faculty of Nursing and Midwifery- Hamadan  
University of Medical Sciences- Shahid Fahmideh  
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##### Email

parsa@umsha.ac.ir

##### Web page address

## Person responsible for updating data

#### 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

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